November 2026

Assisted Living Neighborhood
Life Enrichment Activities Calendar

Mercy Retirement & CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Live Music 10:00 Quaker Meeting 10:45 Sunday Mass 11:00 Everyday Ethics 1:00 Better Cell Phone Portraits 2:00 Netflix Movie: Resident Choice 3:00 Joyful Mov't Brain & Body Daylight Saving	**2** 9:00 Gentle Exercise or Walk 9:30 Daily Mass in Chapel 10:15 Musical Mirrors w/ Galen 11:00 Fitness for Brain & Body **11:30 Community Table** 1:00 Res-Led Parkinson's Group 2:00 Resident-Led Mercy Choir 3:00 Resident-Led Dominoes 3:00 Media Help 4:00 Great Courses: What is Time? 6:00 Movie: Seven Samurai	**3** 8:30 Live Music 9:30 Daily Mass in Chapel **10:00 Resident Council Work Sess.** 10:15 Creative Art Projects 10:15 Joyful Mvt for Brain & Body 1:30 November Gratitude Circle 2:00 Movie: Seven Samurai 3:00 Clay Creations **3:00 Laughter Yoga w/ Dr Martin** **4:30 Candlelight Dinner w/ Harp** 6:15 Res-led Music Jam Election Day	**4** 9:00 Gentle Exercise or Walk 9:30 Daily Mass in Chapel 10:15 Earth & Me Phys. Exercise **11:00 Ambassador Meeting** 1:00 Writer Wksp Rev Rebecca 2:00 Luminous Glass Studio 2:30 BINGO 3:00 Resident-led Rosary 4:00 Word Games Before Dinner 6:00 Netflx Movie: Resident Choice 6:00 Resident-led Poker	**5** 8:30 Live Music 9:30 Mass, Anointing & Reconcil. 10:15 Mind & Body United 11:00 2027 LE Activities Work Session - All Come! **1:00 Suncrest Speaker *Range of Motion*** 1:30 Printing Workshop **1:30 Media Help w/ Perjol** 2:00 Netflx Movie: Resident Choice 2:30 Resident Led Canasta	**6** 9:00 Devotion & Coffee 9:30 Open Art Studio: Fall Edition 9:30 Daily Mass in Chapel 10:15 Upper Body Exercise 11:00 Book Club **1:00 Philosophy Discussion w/ Carlos (3rd Floor Tables)** 1:30 Yahtzee Game 2:00 Adoration (CH) 3:15 Happy Hour 5:30 Movie: TED Talk	**7** 9:00 Coffee & Stories from the Heart 10:00 San Francisco Harmony Proj. 10:15 Morning Exercise 10:45 Trivia 1:00 Create a Poem 2:00 Good News **2:15 Discussion Group w/ Carlos** 3:15 UNO Card Game 6:00 Movie: Resident Request 6:15 Reading Sunday's Scripture w/ Sisters (4th Fl Lib)t
8 8:30 Live Music 10:00 Quaker Meeting 10:45 Sunday Mass 11:00 Everyday Ethics 11:30 Garden Club 1:00 Spa Day - Hand Massage, Warming Mask, Spa Drinks 2:00 Spa Day - Meditation & Sound Bath 2:00 Netflix Movie: Resident Choice 3:00 Spa Day - Gentle Fitness	**9** 9:00 Gentle Exercise/Walk 9:30 Daily Mass in Chapel 10:15 Musical Mirrors 11:00 Fitness for Brain & Body **11:30 Community Table** 1:00 Drum Circle 2:00 Mercy Choir 3:00 Dominoes 4:00 Great Courses: The Jim Crow Era 6:00 Netflx Movie: Resident Choice	**10** 8:30 Live Music 9:30 Daily Mass in Chapel 10:15 Asian Brush Stroke 10:15 Joyful Mvt for Brain & Body **1:30 Best Life Dessert w/Veronica** 1:30 Discover Sesame Street's Strange Facts 2:00 Netflx Movie: Resident Choice 3:00 Muppet Magic **3:00 Laughter Yoga w/ Dr Martin** 6:15 Res-led Music Jam	**11** 9:00 Gentle Exercise/Walk 9:30 Daily Mass in Chapel 10:15 Earth & Me Phys. Exercise 1:00 Writer's Wkshp, Rev. Rebecc **1:30 Food Forum** **2:00 Veterans Day Presentation** **3:00 Veterans Day Gathering** 3:00 Resident-led Rosary 4:00 Brain Crunch! 6:00 Documentary: Origami in the Garden Veteran's Day	**12** 8:30 Live Music 3rd Fl Dining 9:30 Daily Mass in Chapel 10:15 Mind & Body United **10:15 Outing: Oakland Museum, California Arts Exhibit** 1:30 Book Binding 2:00 Netflx Movie: Resident Choice 2:30 Resident-led Canasta 3:00 Create and Connect	**13** 9:00 Devotion & Coffee 9:30 Open Art Studio Fall Edition 9:30 Daily Mass in Chapel 10:15 Upper Body Exercise 10:30 Garden Club 11:00 Book Club 11:30 Garden Club **1:00 Philosophy Discussion w/ Carlos (3rd Floor Tables)** 1:30 Yahtzee Game 3:15 Happy Hour 5:30 Movie: TED Talk	**14** 9:00 Coffee & Stories from the Heart 10:00 San Francisco Harmony Proj. 10:15 Morning Exercise 10:45 Trivia 1:00 Create a Poem 2:00 Good News **2:15 Discussion Group w/ Carlos** 3:15 UNO Card Game 6:00 Movie: Resident Request 6:15 Reading Sunday's Scripture w/ Sisters (4th Fl Lib)
15 8:30 Live Music 3rd Fl Dining 10:00 Quaker Meeting 10:45 Sunday Mass 11:00 Everyday Ethics 1:00 Better Cell Phone Portraits II 2:00 Netflix Movie: Resident Choice 3:00 Spa Day - Fitness Spa Day at Mercy	**16** 9:00 Gentle Exercise/Walk 9:30 Daily Mass in Chapel 10:15 Musical Mirrors w /Galen 11:00 Fitness for Brain & Body **11:30 Community Table** 1:00 Res-Led Parkinson's Group 1:00 Drum Circle w/ Galen 2:00 Res-Led Mercy Choir 3:00 Res-Led Dominoes 3:00 Media Help 4:00 Great Courses: Power and Politics in Today's World 6:00 Netflx Movie: Resident Choice	**17** 8:30 Live Music 3rd Fl Dining 9:30 Daily Mass in Chapel **10:10 Resident Council** 10:15 Creative Art Projects 10:15 Joyful Mvt for Brain & Body **1:00 Maintenance/Housekeeping** 2:00 Netflx Movie: Resident Choice 3:00 Clay Creation **3:00 Laughter Yoga w/ Dr Martin** **4:30 Candlelight Dinner w/ Rodney** 6:15 Res-led Music Jam	**18** 9:00 Gentle Exercise/Walk 9:30 Daily Mass in Chapel 10:15 Earth & Me Phys. Exercise 11:15 Journaling for Your Family 1:00 Writer's Wkp, Rev. Rebecca 2:00 René Magritte Documentary 2:30 BINGO 3:00 Resident-led Rosary 4:00 Word Games Before Dinner 6:00 Netflix Movie: Resident Choice 6:00 Resident-led Poker	**19** 8:30 Live Music 3rd Fl Dining 9:30 Daily Mass in Chapel 10:15 Mind & Body United **11:30 Resident Birthday Lunch** 1:30 Printing Workshop **1:30 Presentation: Tech 101 w/ Perjol, AI and ChatGPT** 2:00 Netflx Movie: Resident Choice 2:30 Resident-led Canasta	**20** 9:00 Devotion & Coffee 9:30 Open Art Studio Fall Edition 9:30 Daily Mass in Chapel 10:15 Upper Body Exercise 10:30 Garden Club 11:00 Book Club 11:30 Garden Club **1:00 Philosophy Discussion w/ Carlos (3rd Floor Tables)** 1:30 Yahtzee Game 3:15 Happy Hour 5:30 Movie: TED Talks	**21** 9:00 Coffee & Stories from the Heart 10:00 San Francisco Harmony Proj. 10:15 Morning Exercise 10:45 Trivia 1:00 Create a Poem 2:00 Good News **2:15 Discussion Group w/ Carlos** 3:15 UNO Card Game 6:00 Movie: Resident Request 6:15 Reading Sunday's Scripture w/ Sisters (4th Fl Lib)
22 8:30 Live Music 3rd Fl Dining 10:00 Quaker Meeting 10:45 Sunday Mass 11:00 Everyday Ethics 1:00 Turkey Stuffing: Evolution 2:00 Res-Led Neurodiversity Gp 2:00 Netflix Movie: Resident Choice 3:00 Joyful Mov't for Brain & Body	**23** 9:00 Gentle Exercise/Walk 9:30 Daily Mass in Chapel 10:15 Musical Mirrors w/ Galen 11:00 Fitness for Brain & Body **11:30 Community Table, Dining Rm** 1:00 Drum Circle w/ Galen 2:00 Res-Led Mercy Choir 3:00 Res-Led Dominoes 3:00 Media Help 4:00 Great Courses: The Strange Science of Shrodinger's Cat 6:00 Netflx Movie: Resident Choice	**24** 8:30 Live Music 3rd Fl Dining 9:30 Daily Mass in Chapel 10:15 Asian Brush Stroke 10:15 Joyful Mvt for Brain & Body 1:30 Canvas Creation **2:30 Town Hall Meeting** 3:00 The Paper Makers **3:00 Laughter Yoga w/ Dr Martin** 6:15 Res-led Music Jam	**25** 9:00 Gentle Exercise/Walk 9:30 Daily Mass in Chapel 10:15 Earth & Me Phys. Exercise 11:15 Journaling for Your Family 1:00 Writer's Wkp, Rev. Rebecca 2:00 3D Wonders 2:30 BINGO 3:00 Resident-led Rosary **3:00 New Resident Welcome** 6:00 Netflx Movie: Resident Choice 6:00 Resident-led Poker	**26** 8:30 Live Music 3rd Fl Dining 9:30 Daily Mass in Chapel **10:15 Scenic Drive Alameda Beach** 10:15 Mind & Body United 10:45 Thanksgiving Mass (SC) **11:30 Thanksgiving Lunch Buffet w/ Andy** **1:30** Gratitude Circle 1:30 Creative Art: Thanksgiving Ed. 2:30 Resident-led Canasta **3:00 Thanksgiving Party** 6:00 Movie Theme: Thanksgiving Thanksgiving	**27** 9:00 Devotion & Coffee 9:30 Open Art Studio: Fall Edition 9:30 Daily Mass in Chapel 10:15 Upper Body Exercise 10:30 Garden Club 11:00 Book Club 11:30 Garden Club **1:00 Philosophy Discussion w/ Carlos (3rd Floor Tables)** 1:30 Yahtzee Game 3:15 Happy Hour 5:30 Movie: TED Talk	**28** 9:00 Coffee & Stories from the Heart 10:00 San Francisco Harmony Proj. 10:15 Morning Exercise 10:45 Trivia 1:00 Create a Poem 2:00 Good News **2:15 Discussion Group w/ Carlos** 3:15 UNO Card Game 6:00 Movie: Resident Request 6:15 Reading Sunday's Scripture w/ Sisters (4th Fl Lib)
29 8:30 Live Music 10:00 Quaker Meeting 10:45 Sunday Mass 11:00 Everyday Ethics 2:00 Square Dance Lesson 2:00 Netflix Movie: Resident Choice 3:00 XYZ Ladies' High Tea National Square Dance Day	**30** 9:00 Gentle Exercise/Walk 9:30 Daily Mass in Chapel 10:15 Musical Mirrors w/ Galen 11:00 Fitness for Brain & Body **11:30 Community Table** 1:00 Drum Circle w/ Galen 2:00 Res-Led Mercy Choir 3:00 Meditation with Rev. Rebecca 3:00 Res-Led Dominoes 3:00 Media Help 4:00 Great Courses: Verdi Operas 6:00 Netflx Movie: Resident Choice					

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.

November 2026

Oasis Memory Care Neighborhood
Life Enrichment Activities Calendar

Mercy Retirement & CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Morning Exercise 10:00 Current Events & Discussion 10:30 Heart-Focused Breathing 10:45 Sunday Mass 1:30 Life Stories 2:00 Afternoon Delight 2:30 I love Animal Art Project 3:15 Music Time 4:00 Documentary : Wild Life 6:00 Movie: Residents Choice Daylight Saving	**2** 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 Delight 2:30 **Día de los Muertos Art Project** 3:00 Voices of the Past 4:30 Letter Game 6:00 Musical Monday	**3** 9:00 Morning Mass 10:15 Tai Chi with Sky 10:45 Communion Vists 11:00 Haikus for Body and Soul 1:00 Beginners Spanish Class 2:00 Afternoon Delight **2:00 Laughter Yoga w/ Martin** 2:30 Spiritual Walk 3:00 Super Bingo! 3:45 True or False Game **4:30 Candlelight Dining** **6:00** Histoy of Thanksgiving Election Day	**4** 9:00 Morning Mass 10:00 Chronicle and Chat 10:45 Gentle Fitness Exercises 11:00 Stories from the Heart 1:00 Craft: Thanksgiving Card 2:00 Afternoon Delight 2:00 History of Taj Mahal 3:00 Beloved Icons that we LOVE 3:45 Gospel Sing A-Longs 6:00 Netflix Movie: Residents Choice	**5** 9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Communion Visits 10:45 Low Intensity Cardio 11:00 Study the Cosmos 1:00 Autumn Crafts 2:00 Afternoon Delight 2:30 Outdoor Stroll 3:00 Super Bingo 3:45 Karaoke Party! 6:00 Movie: Viewers Choice	**6** 9:00 Morning Mass 10:00 Chronicle and Chat 10:45 Torso & Arm Slow Workout 11:00 Devotional Group 1:00 World Famous Art Institutions 2:00 Social Happy Hour 2:30 Fall Art Creation 3:15 SPA DAY 4:30 Prayer from your heart 6:00 Netflix Movie: Residents Choice	**7** 9:00 Morning Mass 9:20 Communion in Common 10:00 Seated Cardio Party 11:00 Trivia on Thanksgiving 1:00 The Colors of Art 2:00 Afternoon Refreshment 2:30 Finish that Line 3:00 Bingo!!! 3:45 Listen to your intuition & Reflection 6:00 Movie: Viewers Choice
8 10:00 Sky-Earth & Me Physical Exercise 10:30 Current Events and Chat 10:45 Sunday Mass 1:30 Golden Tales & Memories 2:00 Afternoon Delight 2:30 Diwali Art Project 3:15 Songs of Memories 4:00 Documentary: Wild Life 6:00 Movie: Residents Choice	**9** 9:00 Morning Mass **10:00 Music Therapy w/ Hannah** 11:00 Chronicle & Chat 12:30 Peaceful Pause 1:30 Bright Moments in Life 2:00 Afternoon Refreshments 2:30 Cosmos Art Project 3:00 Voices of the Past 4:30 Word Game 6:00 Musical Monday	**10** 9:00 Morning Mass 10:00 Chronicle and Chat 10:45 Communion Vists 11:00 Beginners Zumba Chair Exercise 11:00 Haikus for Body and Soul 1:00 Beginners Spanish Class 2:00 Afternoon Delight **2:00 Laughter Yoga w/ Martin** 2:30 Spiritual Walk 3:00 Super Bingo! **4:30 Dinner Live Music w/ Angel the Harpist** 6:00 Histoy of the Pilgrims	**11** 9:00 Morning Mass 10:00 Chronicle and Chat 10:45 Gentle Fitness Exercises 11:00 Stories from the Heart 1:00 Craft: Grateful Cards 2:00 Afternoon Delight 2:00 History of Taj Mahal 3:00 Beloved Icons that we LOVE 3:45 Gospel Sing A-Longs 6:00 Netflix Movie: Residents Choice Veterans Day	**12** 9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Communion Visits 10:45 Low Intensity Cardio 11:00 Study the Cosmos 1:00 Autumn Crafts 2:00 Afternoon Delight 2:30 Outdoor Stroll 3:00 Super Bingo 3:45 Karaoke Party! 6:00 Movie: Viewers Choice	**13** 9:00 Morning Mass 10:00 Chronicle and Chat 10:45 Torso & Arm Slow Workout 11:00 Devotional Group 1:00 World Famous Art Institutions 2:00 Social Happy Hour 2:30 Fall Art Creation 3:15 SPA DAY 4:30 Prayer from your heart 6:00 Netflix Movie: Residents Choice	**14** 9:00 Morning Mass 9:20 Communion in Common 10:00 Low Intensity Cardio 11:00 Trivia on Halloween 1:00 The Colors of Art 2:00 Afternoon Refreshment 2:30 Finish that Line 3:00 Bingo!!! 3:45 Listen to your intuition & Reflection 6:00 Movie: Viewers Choice
15 10:00 Sky-Earth & Me Physical Exercise 10:30 Daily Chronicle & Discussion 10:45 Sunday Mass 1:30 Golden Tales & Memories 2:00 Afternoon Delight 2:30 Recycling Art 3:15 Music Time 4:00 Documentary : Wild Life 6:00 Movie: Residents Choice	**16** 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 Button Art 3:00 Voices of the Past 4:30 Letter Game 6:00 Musical Monday	**17** 9:00 Morning Mass 10:15 Beginners Zumba Chair Exercise 10:45 Communion Vists 11:00 Haikus for Body and Soul 1:00 Beginners Spanish Class 2:00 Afternoon Delight **2:00 Laughter Yoga w/ Martin** 2:30 Spiritual Walk 3:00 Super Bingo! 3:45 True or False Game **4:30 Candlelight Dining** **6:00** Histoy of Native Americans	**18** 9:00 Morning Mass 10:00 Chronicle and Chat 10:45 Gentle Fitness Exercises 11:00 Stories from the Heart 1:00 Craft: Thankful Cards 2:00 Afternoon Delight 2:00 **Pictures & Scriptures w/ Rev. Rebecca** 3:00 Beloved Icons that we Love 3:45 Gospel Sing A-Longs 6:00 Netflix Movie: Residents Choice	**19** 9:00 Morning Mass 10:00 Current Events & Discussion 10:30 Outing: Oakland Library 10:45 Communion Visits 11:00 Study the Cosmos **1:00 Resident Outing: Kennedy Park** 2:00 Afternoon Delight 2:00 Birthday Party!!! 2:30 Outdoor Stroll 3:00 Super Bingo 3:45 Karaoke Party! 6:00 Movie: Viewers Choice	**20** 9:00 Morning Mass 10:00 Chronicle and Chat 10:45 Torso & Arm Slow Workout 11:00 Devotional Group 1:00 World Famous Art Institutions 2:00 Social Happy Hour 2:30 Fall Art Creation 3:15 SPA DAY 4:30 Prayer from your heart 6:00 Netflix Movie: Residents Choice	**21** 9:00 Morning Mass 9:20 Communion in Common 10:00 Low Intensity Cardio 11:00 Trivia on Christmas 1:00 The Colors of Art 2:00 Afternoon Refreshment 2:30 Finish that Line 3:00 Bingo!!! 3:45 Listen to your intuition & Reflection 6:00 Movie: Viewers Choice
22 10:00 Sky-Earth & Me Physical Exercise 10:30 Current Events and Chat 10:45 Sunday Mass 1:30 Golden Tales & Memories 2:00 Afternoon Delight 2:30 Children Around the World Art Project 3:15 Songs of Memories 4:00 National Geographic 6:00 Movie: Residents Choice	**23** 9:00 Morning Mass **10:00 Music Therapy w/ Hannah** 11:00 Expressive Movement 12:30 Peaceful Pause 1:30 Bright Moments in Life 2:00 Afternoon Refreshments 2:30 Chef Corner - Dress The Gingerbread Man 3:00 Voices of the Past 4:30 Word Game 6:00 Musical Monday	**24** 9:00 Morning Mass 10:15 Beginners Zumba Chair Exercise 10:45 Communion Vists 11:00 Haikus for Body and Soul 1:00 Beginners Spanish Class 2:00 Afternoon Delight **2:00 Laughter Yoga w/ Martin** 2:30 Spiritual Walk 3:00 Super Bingo! 3:45 True or False Game **4:30 Candlelight Dining** **6:00** Histoy of Thanksgiving Parade	**25** 9:00 Morning Mass 10:00 Chronicle and Chat 10:45 Gentle Fitness Exercises 11:00 Stories from the Heart 1:00 Craft: Gratitude Cards 2:00 Afternoon Delight 2:00 History of Taj Mahal 3:00 Beloved Icons that we Love 3:45 Gospel Sing A-Long 6:00 Netflix Movie: Residents Choice	**26** 9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Communion Visits 10:45 Low Intensity Cardio 11:00 Study the Cosmos 1:00 Autumn Crafts 2:00 Afternoon Delight 2:30 Outdoor Stroll 3:00 Super Bingo 3:45 Karaoke Party! 6:00 Movie: Viewers Choice Happy Thanksgiving	**27** 9:00 Morning Mass 10:00 Chronicle and Chat 10:45 Torso & Arm Slow Workout 11:00 Devotional Group 1:00 World Famous Art Institutions 2:00 Social Happy Hour 2:30 Fall Art Creation 3:15 SPA DAY 4:30 Prayer from your heart 6:00 Netflix Movie: Residents Choice	**28** 9:00 Morning Mass 9:20 Communion in Common 10:00 Low Intensity Cardio 11:00 Trivia on New Years 1:00 The Colors of Art 2:00 Afternoon Refreshment 2:30 Finish that Line 3:00 Bingo!!! 3:45 Listen to your intuition & Reflection 6:00 Movie: Viewers Choice
29 10:00 Sky-Earth & Me Physical Exercise 10:30 Daily Chronicle & Discussion 10:45 Sunday Mass 1:30 Golden Tales & Memories 2:00 Afternoon Delight 2:30 Comic Art 3:15 Music Time 4:00 Documentary : Wild Life 6:00 Movie: Residents Choice	**30** 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 Growth-Overcome-Empower 3:00 Voices of the Past 4:30 Letter Game 6:00 Musical Monday					

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Life Enrichment Activities Calendar

Mercy Retirement & CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Current Events & Coffee 10:00 Daily Chronicle 10:30 Breathing Exercises 10:45 Sunday Mass 1:00 Documentary on Musician Born in November 2:00 Table Game: UNO 3:00 Gratitude Diary 4:00 Nature walk Daylight Saving	**2** 9:00 Coffee Social 10:00 Low Impact Exercises 10:00 Daily Mass - Virtual 11:00 Trivia from the 50s 1:00 Documentary: Thanksiving 2:00 Balloon Toss and Music 2:30 Virtual Church Alternative 3:00 Crafts: Fall Leaves 4:00 Beginners Spanish Class	**3** 9:00 Current Events & Coffee 9:30 Daily Chronicle 10:00 Slow Range of Motion of the Body Exercises 10:30 Famous Painters and Discussion 11:00 Daily Mass - Virtual 11:30 Spiritual Check-in w/ Rev. Rebecca 1:30 **Día de los Muertos Art Project** 2:00 Fresh air stroll in the Courtyard 3:00 Super Bingo 4:00 Learn about Historical Landmarks Election Day	**4** 9:00 Coffee Social 10:00 Gentle Stretching Exercises 10:30 Daily Chronicle 10:45 Would you rather 11:15 Daily Mass - Virtual 1:00 Beginners Tech Lab 2:00 Write from the Heart 3:00 Music in the Courtyard 4:00 Word Game with Friends	**5** 9:00 Current Events & Coffee 9:30 Zumba Chair Exercises **10:30 Outing: San Pablo Casino** 1:00 Table Games: Residents Choice 2:00 Book Club 3:00 Flags from Around the World 3:30 Diwali Art Project 4:00 Sensory Walk 6:00 KARAOKE PARTY!!!	**6** 9:00 Coffee Social 10:00 Slow Seated Workout 10:30 Daily Chronicle 11:30 Daily Mass - Virtual 1:00 Exploring Spirituality w/ Rev. Rebecca 2:00 Social Hour & Music 3:00 SPA DAY 3:15 Nature Walk 4:00 Understanding of Stars and Constellations	**7** 9:00 Current Events & Coffee 9:30 Daily Chronicle 10:00 Beginners Tai Chi 11:00 Daily Mass - Virtual 1:00 Courtyard Social 2:00 Mandala Art and Soft Music 3:00 Sing A-Longs 4:00 Learning about the Environment 6:00 BINGO!!!
8 9:00 Current Events & Coffee 10:00 Daily Chronicle 10:30 Breathing Exercises 10:45 Sunday Mass 1:00 Documentary on Musician Born in November 2:00 Table Game: UNO 3:00 Gratitude Diary 4:00 Nature walk	**9** 9:00 Coffee Social 9:30 Low Impact Exercises 10:00 Daily Mass - Virtual **11:00 Music w/ Hannah** 1:00 Drum Circle 2:00 Balloon Toss and Music 2:30 Virtual Church Alternative 3:00 Crafts: Fall Leaves 4:00 Beginners Spanish Class	**10** 9:00 Current Events & Coffee 9:30 Daily Chronicle 10:00 Slow Range of Motion of the Body Exercises 10:30 Famous Painters and Discussion 11:00 Daily Mass - Virtual 11:30 Spiritual Check-in w/ Rev. Rebecca **1:30 Best Life Over Dessert Series w/ Veronica** 3:00 Super Bingo 4:00 Learn about Historical Landmarks	**11** 9:00 Coffee Social 10:00 Gentle Stretching Exercises 10:30 Daily Chronicle 10:45 Would you rather 11:15 Daily Mass - Virtual 1:00 Documentary on Veteran's Day 2:00 Veteran's Gathering 3:00 Music in the Courtyard 4:00 Word Game with Friends Veterans Day	**12** 9:00 Current Events & Coffee 9:30 Zumba Chair Exercises 10:30 Daily Mass - Virtual **11:00 Resident Council** 1:00 Table Games: Residents Choice 2:00 Book Club 3:00 Flags from Around the World 3:30 World Smiling Art Project 4:00 Sensory Walk 6:00 KARAOKE PARTY!!!	**13** 9:00 Coffee Social 10:00 Slow Seated Workout 10:30 Daily Chronicle 11:30 Daily Mass - Virtual 1:00 Exploring Spirituality w/ Rev. Rebecca 2:00 Social Hour & Music 3:00 SPA DAY 3:15 Nature Walk 4:00 Understanding of Stars and Constellations **5:00 Dinner & Live Music w/ Angel the Harpist**	**14** 9:00 Current Events & Coffee 9:30 Daily Chronicle 10:00 Beginners Tai Chi 11:00 Daily Mass - Virtual 1:00 Courtyard Social 2:00 Mandala Art and Soft Music 3:00 Sing A-Longs 4:00 Learning about the Environment 6:00 BINGO!!!
15 9:00 Current Events & Coffee 10:00 Daily Chronicle 10:30 Breathing Exercises 10:45 Sunday Mass 1:00 Documentary on Musician Born in November 2:00 Table Game: UNO 3:00 Gratitude Diary 4:00 Nature walk	**16** 9:00 Coffee Social 10:00 Low Impact Exercises 10:00 Daily Mass - Virtual 11:00 Trivia from the 50s 1:00 Drum Circle 2:00 Balloon Toss and Music 2:30 Virtual Church Alternative 3:00 Crafts: Fall Leaves 4:00 Beginners Spanish Class	**17** 9:00 Current Events & Coffee 9:30 Daily Chronicle 10:15 **Tai Chi with Sky** 10:30 Famous Painters and Discussion 11:00 Daily Mass - Virtual 11:30 Spiritual Check-in w/ Rev. Rebecca 1:30 Button Art 2:00 Fresh air stroll in the Courtyard 3:00 Super Bingo 4:00 Learn about Historical Landmarks	**18** 9:00 Coffee Social 10:00 Gentle Stretching Exercises 10:30 Daily Chronicle 10:45 Would you rather 11:15 Daily Mass - Virtual 1:00 Beginners Tech Lab 2:00 Write from the Heart 3:00 Music in the Courtyard 4:00 Word Game with Friends	**19** 9:00 Current Events & Coffee 9:30 Zumba Chair Exercises 10:30 Daily Mass - Virtual 11:00 Chronicle and Discussion 1:00 Table Games: Residents Choice 2:00 Birthday Party 3:00 Book Club 3:30 Chef Corner - Dress The Gingerbread Man 4:00 Sensory Walk 6:00 KARAOKE PARTY!!!	**20** 9:00 Coffee Social 10:00 Slow Seated Workout 10:30 Daily Chronicle 11:30 Daily Mass - Virtual 1:00 Exploring Spirituality w/ Rev. Rebecca 2:00 Social Hour & Music 3:00 SPA DAY 3:15 Nature Walk 4:00 Understanding of Stars and Constellations	**21** 9:00 Current Events & Coffee 9:30 Daily Chronicle 10:00 Beginners Tai Chi 11:00 Daily Mass - Virtual 1:00 Courtyard Social 2:00 Mandala Art and Soft Music 3:00 Sing A-Longs 4:00 Learning about the Environment 6:00 BINGO!!!
22 9:00 Current Events & Coffee 10:00 Daily Chronicle 10:30 Breathing Exercises 10:45 Sunday Mass 1:00 Documentary on Musician Born in November 2:00 Table Game: UNO 3:00 Gratitude Diary 4:00 Nature walk	**23** 9:00 Coffee Social 9:30 Low Impact Exercises 10:00 Daily Mass - Virtual **11:00 Music w/ Hannah** 1:00 Drum Circle 2:00 Balloon Toss and Music 2:30 Virtual Church Alternative 3:00 Crafts: Fall Leaves 4:00 Beginners Spanish Class	**24** 9:00 Current Events & Coffee 9:30 Daily Chronicle 10:00 Slow Range of Motion of the Body Exercises 10:30 Famous Painters and Discussion 11:00 Daily Mass - Virtual 11:30 Spiritual Check-in w/ Rev. Rebecca 1:30 World Animal Art 2:00 Fresh air stroll in the Courtyard 3:00 Super Bingo 4:00 Learn about Histoical Landmarks	**25** 9:00 Coffee Social 10:00 Gentle Stretching Exercises 10:30 Daily Chronicle 10:45 Would you rather 11:15 Daily Mass - Virtual 1:00 Beginners Tech Lab 2:00 Write from the Heart 3:00 Music in the Courtyard 4:00 Word Game with Friends	**26** 9:00 Current Events & Coffee 9:30 Zumba Chair Exercises 10:30 Daily Mass - Virtual 11:00 Chronicle and Discussion 1:00 Graditude Circle 2:00 Thanksgiving Party 3:00 Thankful Card Creation 4:00 Sensory Walk 6:00 KARAOKE PARTY!!! Thanksgiving	**27** 9:00 Coffee Social 10:00 Slow Seated Workout 10:30 Daily Chronicle 11:30 Daily Mass - Virtual 1:00 Exploring Spirituality w/ Rev. Rebecca 2:00 Social Hour & Music 3:00 SPA DAY 3:15 Nature Walk 4:00 Understanding of Stars and Constellations	**28** 9:00 Current Events & Coffee 9:30 Daily Chronicle 10:00 Beginners Tai Chi 11:00 Daily Mass - Virtual 1:00 Courtyard Social 2:00 Mandala Art and Soft Music 3:00 Sing A-Longs 4:00 Learning about the Environment 6:00 BINGO!!!
29 9:00 Current Events & Coffee 10:00 Daily Chronicle 10:30 Breathing Exercises 10:45 Sunday Mass 1:00 Documentary on Musician Born in November 2:00 Table Game: UNO 3:00 Gratitude Diary 4:00 Nature walk	**30** 9:00 Coffee Social 10:00 Low Impact Exercises 10:00 Daily Mass - Virtual 11:00 Trivia from the 50s 1:00 Drum Circle 2:00 Balloon Toss and Music 2:30 Virtual Church Alternative 3:00 Crafts: Fall Leaves 4:00 Beginners Spanish Class					

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