

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<ul style="list-style-type: none"> 10:45 Second Sunday of Lent-Mass 11:15 Eco-Creations 3D 1:00 My Life Story 2:00 Study The Master 3:00 Ballet Barre for Ballance 4:00 Gratitude Conversation 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Capture a Lifetime 9:30 Daily Mass in Chapel 10:15 Silver Strength Workout 10:15 Musical Mirrors 1:00 Drum Circle 2:00 Mercy Choir 3:00 Meditation Group 3:00 Dominoes 3:15 Media Help 3:30 Purple Ribbon Gratitude Tree for International Women's Day 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Chronicle & Coffee 9:30 Daily Mass in Chapel 10:15 Tai Chi with Sky 10:45 LE Planning Meeting 1:00 Spiritual Poetry and Refection 2:00 TED Talk and Discussion 2:30 BINGO 3:30 Portrait of a Woman Who Inspired Me 4:30 Candlelight Dinner w/ Live music Harpist 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Capture a Lifetime 9:30 Daily Mass in Chapel 10:45 Expressive Movement 1:00 Writer's Workshop w. Rev. Rebecca 2:00 Experimenting Drawing 3:00 Resident-led Rosary 4:00 Documentary: "13th" 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Chronicle and Coffee 9:30 Daily Mass in Chapel 10:15 Sky-Earth & Me Physical Exercise 1:30 Tech Lab -Tabletops 2:30 Resident-led Canasta 2:30 Tech Lab - Small Devices 3:00 Gardening Club w. Sr. Nena 3:30 Portrait of a Women Who Inspired Me 3:30 Resident-led Cribbage 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Capture a Lifetime 9:30 Daily Mass in Chapel 10:15 Chair Exercises 1:15 Yatzee Game 2:00 First Friday Adoration 3:15 Happy Hour 4:15 Devotion & Discussion 5:30 Movie Night 6:00 Resident-led Poker 	<ul style="list-style-type: none"> 9:00 Chronicle and Coffee 9:30 Daily Mass in Chapel 10:00 Morning Exercises 10:45 Prayer Circle 1:00 Fun Fact Trivia 2:15 Lenten Discussion Group with Carlos 3:15 UNO Card Game 4:15 Nature Walk 5:30 Movie Night 6:15 Reading Sunday's Scriptures with Sisters 		
<ul style="list-style-type: none"> 10:45 Third Sunday of Lent-Mass 11:15 Purple Ribbon Gratitude Tree for International Women's Day 1:00 My Life Story 2:00 Study The Master 3:00 Ballet Barre for Ballance 4:00 DIY Faith Crafts 5:30 Movie Night <p><i>International Women's Day</i></p>	<ul style="list-style-type: none"> 9:00 Capture a Lifetime 9:30 Daily Mass in Chapel 10:15 Musical Mirrors 10:15 Silver Strength Workout 1:00 Drum Circle 2:00 Mercy Choir 3:00 Dominoes 3:00 Meditation Group w. Rev. Rebecca 3:15 Media Help 3:30 Rainbow Makers Workshop 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Coffee Social 9:30 Daily Mass in Chapel 10:15 Mind-Body United 11:30 TED Talk and Discussion 1:30 Best Life Over Dessert Series w Veronica 2:30 BINGO 3:30 Lumina Glass 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Getting to know you 9:30 Daily Mass in Chapel 10:45 Sky-Earth & Me Physical Exercise 1:00 Writer's Workshop w. Rev. Rebecca 1:30 Food Forum 2:00 Experimenting Drawing 3:00 Resident-led Rosary 4:00 Documentary: "Our Planet" 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Chronicle and Chat Mass, Anointing, and Reconciliation 9:30 Daily Mass in Chapel 10:30 Excursion: American Food Restaurant 1:15 Outing: Kim's Nails 1:30 Tech Lab -Tabletops 2:30 Resident-led Canasta 2:30 Tech Lab -Small Devices 3:00 Gardening 3:30 Cribbage 4:00 Nature Walk 4:30 Biography on Fall of Civilization 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Morning Conversations 9:30 Daily Mass in Chapel 10:15 Chair Exercises 10:15 Yatzee Game 3:15 Happy Hour 4:15 Devotion & Discussion 5:30 Movie Night 6:00 Resident-led Poker 	<ul style="list-style-type: none"> 9:00 Chronicle and Chat 10:00 Zumba Chair Exercise 10:45 Prayer Circle 1:00 Chapter's Of My Life 2:15 Lenten Discussion Group with Carlos 3:15 UNO Card Game 4:15 Nature Walk 5:30 Movie Night 6:15 Reading Sunday's Scriptures with Sisters 		
<ul style="list-style-type: none"> 10:45 Sunday Mass 11:15 Eco-Creations 3D 1:00 My Life Story 2:00 Study The Master 3:00 Ballet Barre for Ballance 4:00 Gratitude Conversation 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Capture a Lifetime 9:30 Daily Mass in Chapel 10:15 Silver Strength Workout 1:00 Patrick -Documentary on the life of Patrick, Ireland's patron saint. 2:00 Mercy Choir -Resident Led 3:00 Dominoes 3:00 Meditation Group w. Rev. Rebecca 3:15 Media Help 3:30 Emerald Unity Project 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Chronicle and Chat 9:30 Daily Mass in Chapel 10:10 Resident Council 10:15 Mind-Body United 11:30 Stir Fry Station 1:00 Maintenance & Housekeeping Forum 2:00 BINGO 3:00 St. Patrick's Day Celebration Live music from FunDudes 5:30 Movie Night <p><i>St. Patrick's Day</i></p>	<ul style="list-style-type: none"> 9:00 Morning Conversations 9:30 Daily Mass 10:45 Expressive Movement 1:00 Writer's Workshop w. Rev. Rebecca 2:00 Experimenting Drawing 3:00 Resident-led Rosary 3:00 Laughter Yoga 4:00 Documentary: "Explained" 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Chronicle and Coffee 9:30 Daily Mass in Chapel 10:15 Sky-Earth & Me Physical Exercise 11:30 Resident Birthday Lunch 1:30 Tech Lab -Tabletops 2:30 Resident-led Canasta 2:30 Tech Lab -Small Devices 3:00 Gardening Club w. Sr. Nena 3:30 Printing Workshop 3:30 Resident-led Cribbage 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Capture a Lifetime 9:30 Daily Mass in Chapel 10:15 Upper Body Chair Exercises 1:15 Blackjack 3:15 Happy Hour 5:30 Movie Night 6:00 Resident-led Poker 	<ul style="list-style-type: none"> 9:00 Chronicle and Coffee 9:30 Daily Mass in Chapel 10:00 Morning Exercises 10:45 Prayer Circle 1:00 Fun Fact Trivia 2:15 Lenten Discussion Group with Carlos 3:15 UNO Card Game 4:15 Nature Walk 5:30 Movie Night 6:15 Reading Sunday's Scriptures with Sisters 		
<ul style="list-style-type: none"> 10:45 Third Sunday of Lent-Mass 11:15 Purple Ribbon Gratitude Tree for International Women's Day 1:00 My Life Story 2:00 Study The Master 3:00 Ballet Barre for Ballance 4:00 DIY Faith Crafts 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Morning Conversations 9:30 Daily Mass in Chapel 10:15 Musical Mirrors 10:15 Silver Strength Workout 1:00 Drum Circle 2:00 Mercy Choir 3:00 Dominoes 3:00 Meditation Group w. Rev. Rebecca 3:15 Media Help 3:30 Gemstone Gatherings 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Chronicle and Chat 9:30 Daily Mass in Chapel 10:15 Mind-Body United 1:30 TED Talk and Discussion 2:30 Town Hall 3:30 Lumina Glass Creations 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Morning Conversations 9:30 Daily Mass in Chapel 10:45 Expressive Movement 1:00 Writer's Workshop w. Rev. Rebecca 2:00 Experimenting Drawing 3:00 New Resident Welcome 3:00 Resident-led Rosary 4:00 Documentary: "Chasing Earth" 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Chronicle and Chat 9:30 Daily Mass in Chapel 10:15 Outing: Boat Ride to SF Ferry Building 1:15 Printing Workshop 1:30 Tech Lab -Tabletops 2:30 Resident-led Canasta 3:00 Gardening 3:30 Cribbage 4:00 Nature Walk 4:30 Biography on Into the Wild 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Morning Conversations 9:30 Daily Mass in Chapel 10:15 Upper Body Chair Exercises 1:15 Blackjack 2:15 Chapters of My Life 3:15 Happy Hour 4:15 Devotion & Discussion 5:30 Movie Night 6:00 Resident-led Poker 	<ul style="list-style-type: none"> 9:00 Chronicle and Chat 10:00 Zumba Chair Exercise 10:45 Prayer Circle 1:00 Chapter's Of My Life 2:15 Lenten Discussion Group with Carlos 3:15 UNO Card Game 4:15 Nature Walk 5:30 Movie Night 6:15 Reading Sunday's Scriptures with Sisters 		
<ul style="list-style-type: none"> 10:45 Palm Sunday Mass 11:15 Eco-Creations 3D 1:00 Study The Master 2:00 Ballet Barre for Ballance 3:00 XYZ Women's Group High Tea 4:00 Gratitude Conversation 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Morning Conversations 9:30 Daily Mass in Chapel 10:15 Musical Mirrors 10:15 Silver Strength Workout 1:00 Drum Circle 2:00 Mercy Choir 3:00 Dominoes 3:00 Meditation Group w. Rev. Rebecca 3:15 Media Help 3:30 Gemstone Gatherings 5:30 Movie Night 	<ul style="list-style-type: none"> 9:00 Chronicle and Chat 9:30 Daily Mass in Chapel 10:15 Fitness Class with Greg 1:30 TED Talk and Discussion 2:30 BINGO 3:30 Lumina Glass Creations 5:30 Movie Night 	<p>March 2026 Assisted Living Neighborhood Life Enrichment Activities Calendar</p>				<p>Mercy Retirement & CARE CENTER</p>	

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<ul style="list-style-type: none"> ● 9:00 Low Impact Exercise ● 10:00 Deep Breathing ● 10:30 Daily Chronicle & Discussion ● 10:45 Sunday Mass ● 12:30 Documentary: Spain ● 2:00 Afternoon Delight ● 2:30 Spa Day ● 3:15 Sing A-Long ● 3:45 Art Project ● 6:00 Movie: Residents Choice 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:30 Morning Chair Exercise ● 12:30 Sensory Calming ● 1:00 Capture a Lifetime ● 1:30 Voices of the Past ● 2:00 Afternoon Refreshments ● 2:00 Art w/ Siu Ming ● 3:00 Create & Connect ● 3:45 Flower Arrangements ● 4:30 Letter Game ● 6:00 Musical Monday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Deep Breathing ● 10:45 Balloon Toss and Music ● 11:00 Life Reflection & Joy ● 1:00 Biography of Ireland ● 2:00 Afternoon Delight ● 2:30 Scenic Walk ● 3:00 Super Bingo! ● 3:45 Prayer Circle ● 4:30 Food for Body & Spirit ● 4:30 Candlelight Dining ● 6:00 TED Talk Tuesday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:45 Mindful Movement & Scarves ● 11:00 Getting to Know You ● 1:00 Beginners Sign Language ● 2:00 Afternoon Refreshments ● 2:00 Laughter Yoga w/ Martin ● 3:00 Devotion and Discussion ● 3:45 Communion In Community ● 4:30 Food for Body & Spirit ● 6:00 Movie: Comedy 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Deep Breathing ● 10:45 Beginners Disco Chair Exercise ● 11:00 Fun Fact Trivia ● 1:00 Let's Discover Cultural Customs ● 2:00 Live Music w/ Thrush ● 2:30 Spiritual Nature Walk ● 3:00 Super Bingo! ● 3:45 Worship & Singing ● 4:30 Food for Body & Spirit ● 6:00 The Taste Series Thursday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:45 Slow Stretching Exercises ● 11:00 Meaningful Short Stories ● 1:00 Mandala Coloring and Soothing Music ● 2:00 Karaoke Happy Hour ● 2:30 Picture Reflections & Meaning ● 3:15 SPA Day ● 3:45 Religious Sing A-Long ● 4:30 Food for Body & Spirit ● 6:00 Movie: Residents Choice 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 9:45 Communion in Common ● 10:00 Deep Breathing ● 10:45 Beginners Chair Yoga ● 11:00 Life Reflection & Joy ● 1:00 Black Jack Game ● 2:00 Afternoon Refreshments ● 3:15 Bingo! ● 3:45 Spiritual Poetry Reflection ● 6:00 Museum Around the World 	
<ul style="list-style-type: none"> ● 9:00 Beginners Chair Pilates ● 10:00 Deep Breathing ● 10:30 Current Events and Chat ● 10:45 Sunday Mass ● 12:30 National Geographic ● 2:00 Afternoon Delight ● 2:30 Spa Day ● 3:15 Name that Lyrics ● 3:45 Art Project ● 6:00 Movie: Residents Choice 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Music Therapy w. Hannah ● 11:00 Nature Walk ● 12:30 Peaceful Pause ● 1:00 Capture a Lifetime ● 2:00 Art w/ Siu Ming ● 3:00 Create & Connect ● 3:45 Flower Arrangements ● 4:30 Word Game ● 6:00 Musical Monday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Deep Breathing ● 10:15 Morning Gathering ● 10:45 Mindful Movement w. Scarves ● 12:30 Reflections ● 1:00 Beginners Sign Language ● 2:00 Afternoon Delight ● 2:30 Community Stroll ● 3:00 Super Bingo! ● 3:45 Prayer Circle ● 4:30 Food for Body & Spirit ● 6:00 TED Talk Tuesday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:45 Mindful Movements & Scarves ● 11:00 Scenic Walk ● 12:30 Peaceful Pause ● 1:30 Beginners Sign Language ● 2:00 Afternoon Refreshment ● 2:00 Laughter Yoga w/ Martin ● 3:00 Devotion and Discussion ● 3:45 Communion In Community ● 4:30 Food for Body & Spirit ● 6:00 Movie: Comedy 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 News & Nurture ● 10:45 Beginners Chair Zumba ● 11:00 Daily Chronicle & Discussions ● 1:00 Art Appreciation Series & Talk ● 2:00 Live Music w/ Thrush ● 2:30 Community Stroll ● 3:00 Super Bingo! ● 3:45 Worship & Singing ● 4:30 Food for Body & Spirit ● 6:00 The Taste Series Thursday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:45 Movement and Music ● 11:00 Scenic Walk ● 1:00 Creativity Corner ● 2:00 Happy Hour ● 2:30 Picture Reflections & Meaning ● 3:15 SPA Day ● 3:45 Religious Sing A-Long ● 4:30 Food for Body & Spirit ● 6:00 Movie: Residents' Choice 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 9:45 Communion in Common ● 10:00 Deep Breathing ● 10:45 Beginners Chair Yoga ● 11:00 Life Reflection & Joy ● 1:00 UNO Game ● 2:00 Afternoon Refreshments ● 3:15 Bingo! ● 3:45 Spiritual Poetry Reflection ● 6:00 Museum Around the World 	
<ul style="list-style-type: none"> ● 9:00 Low Impact Exercise ● 10:00 Deep Breathing ● 10:30 Daily Chronicle & Discussion ● 10:45 Sunday Mass ● 12:30 Documentary: Ireland ● 2:00 Afternoon Delight ● 2:30 Spa Day ● 3:15 Sing A-Long ● 3:45 Art Project ● 6:00 Movie: Residents Choice 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:30 Morning Chair Exercise ● 12:30 Sensory Calming ● 1:00 Capture a Lifetime ● 1:30 Voices of the Past ● 2:00 Afternoon Refreshments ● 2:00 Art w/ Siu Ming ● 3:00 Create & Connect ● 3:45 Flower Arrangements ● 4:30 Letter Game ● 6:00 Musical Monday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Deep Breathing ● 10:45 Balloon Toss and Music ● 11:00 Life Reflection & Joy ● 1:00 Biography of Ireland ● 2:00 St. Patrick's Day Party ● 2:30 Scenic Walk ● 3:00 Super Bingo! ● 3:45 Prayer Circle ● 4:30 Food for Body & Spirit ● 6:00 TED Talk Tuesday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:45 Mindful Movement & Scarves ● 11:00 Getting to Know You ● 1:00 Beginners Sign Language ● 2:00 Afternoon Refreshments ● 2:00 Laughter Yoga w/ Martin ● 3:00 Devotion and Discussion ● 3:45 Communion In Community ● 4:30 Food for Body & Spirit ● 6:00 Movie: Comedy 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Deep Breathing ● 10:30 Outing: Scenic Drive to Alameda Beach & Lunch ● 11:00 Fun Fact Trivia ● 1:00 Let's Discover Cultural Customs ● 2:00 Birthday Celebration Live Music w/ Thrush ● 2:30 Spiritual Nature Walk ● 3:00 Super Bingo! ● 3:45 Worship & Singing ● 4:30 Food for Body & Spirit ● 6:00 The Taste Series Thursday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:45 Slow Stretching Exercises ● 11:00 Meaningful Short Stories ● 1:00 Mandala Coloring and Soothing Music ● 2:00 Karaoke Happy Hour ● 2:30 Picture Reflections & Meaning ● 3:15 SPA Day ● 3:45 Religious Sing A-Long ● 4:30 Food for Body & Spirit ● 6:00 Movie: Residents Choice 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 9:45 Communion in Common ● 10:00 Deep Breathing ● 10:45 Beginners Chair Yoga ● 11:00 Life Reflection & Joy ● 1:00 Black Jack Game ● 2:00 Afternoon Refreshments ● 3:15 Bingo! ● 3:45 Spiritual Poetry Reflection ● 6:00 Museum Around the World 	
<ul style="list-style-type: none"> ● 9:00 Beginners Chair Pilates ● 10:00 Deep Breathing ● 10:30 Current Events and Chat ● 10:45 Sunday Mass ● 12:30 National Geographic ● 1:00 Live music w/ Angel Harpist ● 2:00 Afternoon Delight ● 2:30 Spa Day ● 3:15 Name that Lyrics ● 3:45 Art Project ● 6:00 Movie: Residents Choice 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Music Therapy w. Hannah ● 11:00 Nature Walk ● 12:30 Peaceful Pause ● 1:00 Capture a Lifetime ● 2:00 Art w/ Siu Ming ● 3:00 Create & Connect ● 3:45 Flower Arrangements ● 4:30 Word Game ● 6:00 Musical Monday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Deep Breathing ● 10:15 Morning Gathering ● 10:45 Mindful Movement w. Scarves ● 12:30 Reflections ● 1:00 Beginners Sign Language ● 2:00 Afternoon Delight ● 2:30 Community Stroll ● 3:00 Super Bingo! ● 3:45 Prayer Circle ● 4:30 Food for Body & Spirit ● 6:00 TED Talk Tuesday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:45 Mindful Movements & Scarves ● 11:00 Scenic Walk ● 12:30 Peaceful Pause ● 1:30 Beginners Sign Language ● 2:00 Afternoon Refreshment ● 2:00 Laughter Yoga w/ Martin ● 3:00 Devotion and Discussion ● 3:45 Communion In Community ● 4:30 Food for Body & Spirit ● 6:00 Movie: Comedy 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 News & Nurture ● 10:45 Beginners Chair Zumba ● 11:00 Daily Chronicle & Discussions ● 1:00 Art Appreciation Series & Talk ● 2:00 Live Music w/ Thrush ● 2:30 Community Stroll ● 3:00 Super Bingo! ● 3:45 Worship & Singing ● 4:30 Food for Body & Spirit ● 6:00 The Taste Series Thursday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:45 Movement and Music ● 11:00 Scenic Walk ● 1:00 Creativity Corner ● 2:00 Happy Hour ● 2:30 Picture Reflections & Meaning ● 3:15 SPA Day ● 3:45 Religious Sing A-Long ● 4:30 Food for Body & Spirit ● 6:00 Movie: Residents' Choice 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 9:45 Communion in Common ● 10:00 Deep Breathing ● 10:45 Beginners Chair Yoga ● 11:00 Life Reflection & Joy ● 1:00 UNO Game ● 2:00 Afternoon Refreshments ● 3:15 Bingo! ● 3:45 Spiritual Poetry Reflection ● 6:00 Museum Around the World 	
<ul style="list-style-type: none"> ● 9:00 Low Impact Exercise ● 10:00 Deep Breathing ● 10:30 Daily Chronicle & Discussion ● 10:45 Sunday Mass ● 12:30 Documentary: Spain ● 2:00 Afternoon Delight ● 2:30 Spa Day ● 3:15 Sing A-Long ● 3:45 Art Project ● 6:00 Movie: Residents Choice 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Current Events & Discussion ● 10:30 Morning Chair Exercise ● 12:30 Sensory Calming ● 1:00 Capture a Lifetime ● 1:30 Voices of the Past ● 2:00 Afternoon Refreshments ● 2:00 Art w/ Siu Ming ● 3:00 Create & Connect ● 3:45 Flower Arrangements ● 4:30 Letter Game ● 6:00 Musical Monday 	<ul style="list-style-type: none"> ● 9:00 Morning Mass ● 10:00 Deep Breathing ● 10:45 Balloon Toss and Music ● 11:00 Life Reflection & Joy ● 1:00 Biography of Ireland ● 2:00 Afternoon Delight ● 2:30 Scenic Walk ● 3:00 Super Bingo! ● 3:45 Prayer Circle ● 4:00 Food for Body & Spirit ● 6:00 TED Talk Tuesday 					

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<ul style="list-style-type: none"> ● 10:00 Daily Chronicle & Coffee 1 ● 10:30 Chair Exercise ● 10:45 Sunday Mass ● 1:00 National Beaches Throughout CA & Chat ● 2:00 Dominoes Game ● 3:30 Devotion and Discuss ● 4:00 Fresh Air Stroll 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 2 ● 9:30 Chronicle & Discussion ● 10:00 Low Impact Exercises ● 10:30 Fun Trivia ● 11:00 Daily Mass- Virtual ● 1:30 Table Activities: UNO ● 2:30 Church Alternative ● 3:00 Crafts: St.Patrick's ● 4:00 Documentary: St.Patrick's Day 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 3 ● 10:00 Deep Breathing & Slow Stretching Exercises ● 10:30 Capture a Lifetime & Discussion ● 11:00 Daily Mass- Virtual ● 11:30 Spiritual Check-In w/Rev. Rebecca ● 1:00 Travel to Ireland ● 2:00 Fresh Air Stroll ● 3:00 Super Bingo ● 4:30 Candlelight Dinner 	<ul style="list-style-type: none"> ● 9:00 Coffee & Chat 4 ● 9:30 News And Discussion ● 10:00 Slow Arm Raises Exercises ● 10:30 My Life Story ● 11:15 Dad Jokes ● 1:30 Cookie Social ● 2:00 Movie Matinee: Viewers choice ● 4:00 Daily Chronicle 	<ul style="list-style-type: none"> ● 9:00 Warm Cup Social & News 5 ● 9:30 News And Discussion ● 10:00 Deep Stretching & Slow Stretching Exercise ● 10:30 Outing: Picnic at the Bonsai Garden of Lake Merritt ● 11:00 Daily Mass- Virtual ● 1:00 DIY: Hand Scrub ● 2:00 Documentary: Wild Animal ● 3:00 Fresh Air Stroll ● 4:00 Beginners Spanish Class ● 6:00 Bingo Bash 	<ul style="list-style-type: none"> ● 9:00 Coffee & Chat 6 ● 9:30 News And Discussion ● 10:00 Balloon Toss ● 10:30 Daily Mass- Virtual ● 11:00 My Life Story ● 1:00 Exploring Spirituality With Rev. Rebecca ● 2:00 Social Hour ● 3:00 Beginners Improv ● 4:00 This Day in History 	<ul style="list-style-type: none"> ● 9:00 Warm Cup Social & News 7 ● 9:30 News And Discussion ● 10:00 Deep Stretching & Slow Stretching Exercise ● 11:00 Daily Mass- Virtual ● 1:00 Spiritual Saturdays ● 2:00 BINGO!!!! ● 3:00 Nature Walk ● 4:00 Beginners Sign Language ● 6:00 Movie Night: Viewer's Choice 		
<ul style="list-style-type: none"> ● 10:00 Coffee & Chronicle 8 ● 10:30 Chair Exercise ● 10:45 Sunday Mass ● 1:00 Beaches Throughout CA & Chat ● 2:00 UNO Game ● 3:30 Devotion and Discuss ● 4:00 Fresh Air Stroll 	<ul style="list-style-type: none"> ● 9:00 Coffee & Current Events 9 ● 9:30 Daily Chronicle ● 10:00 Low Impact Exercises ● 10:30 Daily Mass-Virtual ● 11:00 Music Therapy w. Hannah ● 1:30 Sing A-Long Hymns ● 2:00 Table Activities: Scrabbles ● 3:00 Crafts: Spring Time ● 4:00 Documentary: Great Famine (Ireland) 	<ul style="list-style-type: none"> ● 9:00 Current Events & Coffee 10 ● 9:30 Chronicle ● 10:00 Balance and Flexibility Exercises ● 10:30 Beginners Chair Pilates ● 11:00 Daily Mass- Virtual ● 11:30 Spiritual Check-In w/ Rev. Rebecca ● 1:30 Crafts: Wind Chimes ● 2:30 Fresh Air Stroll ● 4:00 Super Bingo 	<ul style="list-style-type: none"> ● 9:00 Chronicle & Coffee 11 ● 9:30 News And Discussion ● 10:00 Chair Exercises ● 10:30 My Life Story ● 11:15 Create and Connect ● 1:30 Ice Cream Social ● 2:00 Movie Matinee: Viewers Choice ● 4:00 Fresh Air Stroll 	<ul style="list-style-type: none"> ● 9:00 Current Events & Coffee 12 ● 9:30 Chronicle ● 9:45 Beginners Chair Pilates ● 10:00 Resident Council Meeting ● 11:00 Daily Mass-Virtual ● 1:00 DIY: Rock Painting ● 2:00 Documentary: Planets ● 3:30 Fresh Air Stroll ● 4:00 Beginners Spanish Class ● 6:00 Casino Night 	<ul style="list-style-type: none"> ● 9:00 Chronicle & Coffee 13 ● 9:30 News And Discussion ● 10:00 Chair Exercise ● 10:30 Daily Mass- Virtual ● 11:00 My Life Story ● 1:00 Exploring Spirituality With Rev. Rebecca ● 2:00 Social Hour ● 3:00 Making Mocktails w/ Friends ● 4:00 This Day in History 	<ul style="list-style-type: none"> ● 9:00 Warm Cup Social & News 14 ● 9:30 News And Discussion ● 10:00 Deep Stretching & Slow Stretching Exercise ● 11:00 Daily Mass- Virtual ● 1:00 Spiritual Saturdays ● 2:00 BINGO!!!! ● 3:00 Nature Walk ● 4:00 Beginners Sign Language ● 6:00 Movie Night: Viewer's Choice 		
<ul style="list-style-type: none"> ● 10:00 Coffee & Chronicle 15 ● 10:30 Beginners Zumba ● 10:45 Sunday Mass ● 1:00 National Parks Throughout CA & Chat ● 2:00 Dominoes Game ● 3:30 Devotion and Discuss ● 4:00 Fresh Air Stroll 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 16 ● 9:30 Chronicle & Discussion ● 10:00 Low Impact Exercises ● 10:30 Fun Trivia ● 11:00 Daily Mass- Virtual ● 1:30 Table Activities: UNO ● 2:30 Church Alternative ● 3:00 Crafts: St.Patrick's ● 4:00 Documentary: Ireland 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 17 ● 10:30 Daily Chronicle ● 11:00 Daily Mass- Virtual ● 11:30 Spiritual Check-In ● 1:30 Movie Matinee ● 2:00 Saint Patrick's Day Party ● 4:00 Super Bingo 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 18 ● 10:00 Soulful Stretches ● 10:30 Daily Mass- Virtual ● 11:15 Create and Connect ● 1:30 Ice Cream Social ● 2:00 Travelogue: France ● 3:00 Laughter Yoga ● 4:00 Daily Chronicle 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 19 ● 10:00 Soulful Stretches ● 10:30 Daily Chronicle ● 11:00 Daily Mass- Virtual ● 1:30 Mindful Coloring ● 2:30 Beads and Beyond ● 3:30 Fresh Air Stroll ● 4:00 Birthday Celebration! ● 6:00 Karaoke Night 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 20 ● 10:00 Upper Body Exercises ● 10:30 Daily Mass- Virtual ● 11:00 Daily Chronicle ● 1:00 Exploring Spirituality With Rev. Rebecca ● 2:00 Social Hour ● 3:00 Beginners Improv ● 4:00 On this Day 	<ul style="list-style-type: none"> ● 9:00 Warm Cup Social & News 21 ● 9:30 News And Discussion ● 10:00 Deep Stretching & Slow Stretching Exercise ● 11:00 Daily Mass- Virtual ● 1:00 Spiritual Saturdays ● 2:00 BINGO!!!! ● 3:00 Nature Walk ● 4:00 Beginners Sign Language ● 6:00 Movie Night: Viewer's Choice 		
<ul style="list-style-type: none"> ● 10:00 Coffee & Chronicle 22 ● 10:30 Beginners Zumba ● 10:45 Sunday Mass ● 1:00 National Parks Throughout CA & Chat ● 2:00 UNO Game ● 3:30 Devotion and Discuss ● 4:00 Fresh Air Stroll 	<ul style="list-style-type: none"> ● 9:00 Seated Exercises 23 ● 9:30 News And Discussion ● 10:00 Coffee & Current Events ● 10:30 Daily Mass-Virtual ● 11:00 Music Therapy w. Hannah ● 1:30 Hand Wellness ● 2:00 Table Activities: Dominoes ● 3:00 Crafts: Chinese New Year ● 4:00 Documentary: Residents Choice 	<ul style="list-style-type: none"> ● 9:30 Coffee And News 24 ● 10:00 Tai Chi w. Sky ● 10:30 Daily Chronicle ● 11:00 Daily Mass- Virtual ● 11:30 Spiritual Check-In ● 1:30 Movie Matinee ● 3:30 Fresh Air Stroll ● 4:00 Super Bingo 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 25 ● 10:30 Moving Meditation ● 11:15 Create and Connect ● 1:15 Table Activities : Dominos ● 2:00 A Taste of... w. David ● 3:00 Laughter Yoga ● 4:00 Daily Chronicle 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 26 ● 10:00 Soulful Stretches ● 10:30 Daily Chronicle ● 11:00 Daily Mass- Virtual ● 1:30 Mindful Coloring ● 2:30 Beads and Beyond ● 3:30 Fresh Air Stroll ● 6:00 Decades Party! 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 27 ● 10:00 Gentle Chair Exercises ● 10:30 Daily Mass- Virtual ● 11:00 Daily Chronicle ● 1:00 Exploring Spirituality with Rev. Rebecca ● 2:00 Social Hour ● 3:00 Beginners Improv ● 4:00 On this Day 	<ul style="list-style-type: none"> ● 9:00 Warm Cup Social & News 28 ● 9:30 News And Discussion ● 10:00 Deep Stretching & Slow Stretching Exercise ● 11:00 Daily Mass- Virtual ● 1:00 Spiritual Saturdays ● 2:00 BINGO!!!! ● 3:00 Nature Walk ● 4:00 Beginners Sign Language ● 6:00 Movie Night: Viewer's Choice 		
<ul style="list-style-type: none"> ● 10:00 Coffee & Chronicle 29 ● 10:30 Beginners Zumba ● 10:45 Palm Sunday Mass ● 1:00 National Parks Throughout CA & Chat ● 2:00 UNO Game ● 3:30 Devotion and Discuss ● 4:00 Fresh Air Stroll 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 30 ● 10:00 Balance and Flexibility Exercises ● 10:30 Daily Chronicle ● 11:00 Daily Mass- Virtual ● 1:30 Hand Wellness ● 2:30 Table Activities: Dominoes ● 3:00 Crafts: Chinese New Year ● 4:00 Documentary: 	<ul style="list-style-type: none"> ● 9:00 Coffee & News 31 ● 10:00 Balance and Flexibility Exercises ● 10:30 Daily Chronicle ● 11:00 Daily Mass- Virtual ● 11:30 Spiritual Check-In ● 1:30 Movie Matinee ● 3:00 Fresh Air Stroll ● 4:00 Super Bingo 	 <h1 style="font-family: cursive;">March 2026</h1> <h2 style="font-weight: bold;">Mercy Care Center</h2> <h3 style="font-weight: bold;">Life Enrichment Activities Calendar</h3>					

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