

Sunday 8:30 🎜 Greeting Songs of Aloha 8:45 Hali'a Resistance Training Circuit &

Monday

2:00 Recreating the Classroom Experience: Pie & Pastry Triv

5:30 W Unwind The Mind Time: Soothing Sound of The Islands

9:15 Rews & Views: Wackiest Pie Creations

2:30 - Games & Things to Do Together: BINGO

9:30 🏶 Watercolors & Oldie Tunes

1:00 Tissue Paper Art

0:00 K Hali'a Mele Club in The Lanai

3:15 → Ageless Fitness & Hydration

5:00 h In the Evening: Kanikapila Time!

12:30 🛱 3rd Flr. Van Ride: Newton / Aiea

Dog Day 8:30 🎜 Greeting Songs of Aloha 8:45 Hali'a Resistance Training Circuit &

9:15 News & Views: Fun Facts about Dogs

10:15 Morning Surprise: Japanese Sing Along

10:45 → Get Up & Move Club: Walking to The Beat

2:45 🏶 Games & Things to Do Together: BINGO

1:30 S Just Craftin: Paper Plate Christmas Wreath

9:30 Sit, Sip, & Name 5 at The Bistro

Tuesday

8:30 🎜 Greeting Songs of Aloha 8:45 Hali'a Resistance Training Circuit 9:15 News & Views: Home Styles

Around the World Bathroom & Hydration Break for Performance 10:00 Musical Performance by Roy Hamada & Friends

Wednesday

3rd Floor 12:30 * Trivia and Charades on The Lanai 1:30 Fun Film: The Polar Express

2:45 🔥 Games & Things to Do Together: BINGO 3:15 → Ageless Fitness & Hydration 5:00 in the Evening: Kanikapila Time! 5:30 * Unwind The Mind Time: Soothing Sound of The 8:30 5 Greeting Songs of Aloha 8:45 * Hali'a Resistance Training Circuit & Hydration 9:15 News & Views: Wackiest Cookie Creations

Thursday

9:30 Sit. Sip. & Name 5 at The Bistro 10:15 🔥 Morning Surprise: Mega Toss Games 12:30 🏶 Sing Along w/ Karina on The Lanai 1:15 Watercolors & Word Search Puzzles

2:00 Recreating the Classroom Experience: European 2:30 🔥 Games & Things To Do Together: BINGO

3:15 → Ageless Fitness & Hydration

5:00 r In The Evening: Guess That Tune! 1930's Edition 5:30 W Unwind The Mind: Yoga

8:30 🎜 Greeting Songs of Aloha 8:45 🏕 Hali'a Resistance Training Circuit & Hydration 9:15 🕏 News & Views: Different Bath Ways in The World 9:30 🌞 Hydration & Bathroom Break 10:00 🎜 Christmas Hula by Na Leo Nahenahe O Na Kupuna: 4th 12:30 **Lanai Time** 1:30 Recreating the Classroom Experience: Hawaii's Surf

Friday

2.00 S Fun Film 2:45 > Journaling: Writing and/or Drawing Your Day 3:15 → Ageless Fitness & Hydration

Gingerbread House Day

5:00 🔥 Games & Things to Do Together: BINGO 5:30 W Unwind The Mind Time: Soothing Sound of The Islands

8:45 * Hali'a Resistance Training Circuit & Hydration 9:15 Rews & Views: History of St. Nicholas 9:30 Hvdration & Bathroom Break 0:00 5 Morning Surprise: Chair Zumba w/ Annette 4th Floor

Saint Nicholas Day

Saturday

12:30 拳 Lanai Time 1:30 9 Just Craftin: Cotton Ball Santa Claus Making 2:45 Recreating the Classroom Experience:

Masters of Math 3:00 ← Ageless Fitness & Hydration

8:30 🖪 Greeting Songs of Aloha

& Hydration

12:30 🎉 Lanai Time

Making

3:00 - Games & Things to Do Together: BINGO

Cocoa Day

8:45 Hali'a Resistance Training Circuit

9:30 🏶 Hydration & Bathroom Break

9:15 Rews & Views: Fun Facts about Hot

10:00 🞜 Local Jamz w/ Dean Hirata: 4th Floor

2:45 Recreating the Classroom Experience:

1:30 Sust Craftin: Gingerbread Man & Lady Banner

Remembering Pearl Harbor Day 8:30 🎜 Greeting Songs of Aloha

8:45 * Hali'a Resistance Training Circuit & Hydration

9:15 News & Views: Heroes of Pearl Harbor Morning Surprise: Paper Collage Making

THE PLAZA

— at Mililani —

10:15 In the Home: Match, Fold, & Deliver

12:30 **¥** Lanai Time 1:30 - Ageless Fitness & Hydration 2:00 Recreating the Classroom Experience:

Monkey Day

8:30 🖪 Greeting Songs of Aloha

12:30 **Lanai Time**

8:45 🏶 Hali'a Resistance Training

Circuit & Hydration

1:30 - Ageless Fitness & Hydration

Documentary of Asia

Wear Blue & White Day

8:30 🞜 Greeting Songs of Aloha

8:45 * Hali'a Resistance Training

9:15 **News & Views**

12:30 🌺 Lanai Time

12:30 **Lanai Time**

Circuit & Hydration

1:30 - Ageless Fitness & Hydration

Card Playing Day

8:30 5 Greeting Songs of Aloha

8:45 Hali'a Resistance Training

Circuit & Hydration

Documentary of Pearl Harbor 3:00 🔥 Games & Things to Do Together: BINGO

9:15 News & Views: 10 Facts about Monkeys

9:30 Morning Surprise: Paper Collage Making

10:00 J Piano Performance by Nicolas Sugg: 4th

10:45 •• Get Up & Move Club: Walking to The Beat

2:00 Recreating the Classroom Experience:

3:00 🔥 Games & Things to Do Together: BINGO

Morning Surprise: Paper Collage Making

In the Home: Match. Fold. & Deliver

10:45 •• Get Up & Move Club: Walking to The Beat

2:00 Recreating the Classroom Experience:

3:00 🏟 Games & Things to Do Together: BINGO

In the Home: Match, Fold, & Deliver

Documentary of New Year Traditions

10:45 •• Get Up & Move Club: Walking to The Beat

2:00 Recreating the Classroom Experience:

Documentary of Christmas

Brownie Day

8:30 🎜 Greeting Songs of Aloha 8:45 🛎 Hali'a Resistance Training Circuit &

9.15 News & Views: Fun Facts about Brownies 9:30 Watercolors & Oldie Tunes

0:00 🏶 Hali'a Mele Club in The Lanai 2:30 🖨 3rd Flr. Van Ride: Honolulu Hale Christmas Displa

1:00 🧠 Tissue Paper Art 2:00 Recreating the Classroom Experience: Holiday Baking

2:30 🏞 Games & Things to Do Together: BINGO 3:15 → Ageless Fitness & Hydration 5:00 🔥 In the Evening: Kanikapila Time!

Bill of Rights Day

2:30 - Games & Things to Do Together: BINGO

Wear A Christmas Accessory Day

8:45 Hali'a Resistance Training Circuit &

9:15 Rews & Views: History on The Bill of Rights

Performance by Team of Angels: 4th Floor

2:00 Recreating the Classroom Experience: American Histo

5:30 * Unwind The Mind Time: Soothing Sound of The Islands

2:00 Recreating the Classroom Experience: Animals

5:30 * Unwind The Mind Time: Soothing Sound of The

2:30 🔥 Games & Things to Do Together: BINGO

8:45 Hali'a Resistance Training Circuit &

8:30 J Greeting Songs of Aloha

9:30 🏶 Hydration & Bathroom Break

3:15 → Ageless Fitness & Hydration

8:30 5 Greeting Songs of Aloha

9:30 🏶 Watercolors & Oldie Tunes

12:30 👼 3rd Flr. Van Ride: Makakilo

North America

8:30 🖪 Greeting Songs of Aloha

3:15 → Ageless Fitness & Hydration

5:00 h In the Evening: Kanikapila Time!

Tick Tock Day

2:30 👨 3rd Flr. Van Ride: Ala Moana Beach Park

10:00 🌞 Hali'a Mele Club in The Lanai

9:15 🗢 News & Views

1:00 Tissue Paper Art

5:00 🏇 In the Evening: Kanikapila Time!

2:30 🖨 3rd Flr. Van Ride: Kapolei

1:00 Tissue Paper Art

5:30 🖊 Unwind The Mind Time: Soothing Sound of The Islands

Christmas Card Day 8:30 🎜 Greeting Songs of Aloha

Hydration

12:30 Hangman on The Lanai

3:15 → Ageless Fitness & Hydration

5:30 * Unwind The Mind: Yoga

5:00 ■ In The Evening: Guess That Tune!

8:45 Hali'a Resistance Training Circuit & Hydration

9:15 PNews & Views: Fun Facts about Christmas Cards 9:30 🏶 Sit, Sip, & Name 5 at The Bistro 10:15 J Morning Surprise: Japanese Sing Along

12:30 🏕 Hangman on The Lanai 1:30 9 Just Craftin: Merry & Bright Christmas Card

2:45 F Games & Things to Do Together: BINGO 3:15 → Ageless Fitness & Hydration

Chocolate Day

8:45 🏕 Hali'a Resistance Training Circuit &

10:15 Morning Surprise: Japanese Sing Along

10:45 → Get Up & Move Club: Walking to The Beat

2:45 A Games & Things to Do Together: BINGO

9:30 拳 Sit, Sip, & Name 5 at The Bistro

9:15 PNews & Views: Worlds Best Places for Chocolate

1:30 9 Just Craftin: Mixed Media Christmas Tree Art

5:00 For In The Evening: Guess That Tune! 5:30 W Unwind The Mind: Yoga

8:30 🎜 Greeting Songs of Aloha

12:30 🌺 Hangman on The Lanai

5:30 W Unwind The Mind: Yoga

3:15 Ageless Fitness & Hydration

5:00 Fin The Evening: Guess That Tune!

Wear a Christmas Hat Day

8:30 🞜 Greeting Songs of Aloha

9:15 Rews & Views

Painting

10.00

8:45 * Hali'a Resistance Training

Circuit & Hydration

9:30 🏕 Hydration & Bathroom Break

3:15 → Ageless Fitness & Hydration

Bacon Day

5:30 W Unwind The Mind: Yoga

1:30 9 Just Craftin: Q-Tip Christmas Tree

5:00 For In The Evening: Guess That Tune!

2:45 Games & Things to Do Together: BINGO

12:30 🌞 Hangman on The Lanai

Hula by Na Wahine O Ka Hula: 4th Floor

Hydration

Lager Day 8:30 🎜 Greeting Songs of Aloha

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8:45 Hali'a Resistance Training Circuit 9:15 **≈ News & Views: Best Places for** Lager in The World

Bathroom & Hydration Break for Performance Morning Surprise: Mele with Our Friends - 4th

12:30 * Trivia and Charades on The Lanai 1:30 Fun Film: The Grinch Who Stole Christmas

2:45 . Games & Things to Do Together: BINGO 3:15 → Ageless Fitness & Hydration 5:00 h In the Evening: Kanikapila Time!

Wright Brothers Day

8:45 🏶 Hali'a Resistance Training Circuit

12:30 🏕 Trivia and Charades on The Lanai

2:45 🔥 Games & Things to Do Together: BINGO

5:30 W Unwind The Mind Time: Soothing Sound of The

Bathroom & Hydration Break for Performance

Morning Surprise: Mele with Our Friends - 4th

1:30 Fun Film: Jingle All The Way

5:00 h In the Evening: Kanikapila Time!

Christmas Eve

8:45 * Hali'a Resistance Training Circuit

12:30 🌞 Trivia and Charades on The Lanai

3:15 → Ageless Fitness & Hydration

5:00 in the Evening: Kanikapila Time!

New Year's Eve

8:45 🏶 Hali'a Resistance Training Circuit

9:15 Rews & Views: New Year's Eve

8:30 5 Greeting Songs of Aloha

Traditions

9:30

2:45 🏚 Games & Things to Do Together: BINGO

5:30 * Unwind The Mind Time: Soothing Sound of The

1:30 👺 Fun Film: Elf

Islands

9:15 News & Views: Christmas Eve

8:30 🖪 Greeting Songs of Aloha

9:15 News & Views: History on The

8:30 🎜 Greeting Songs of Aloha

Wright Brothers

5:30 W Unwind The Mind Time: Soothing Sound of The Islands

Bathroom & Hydration Break for Performance

Morning Surprise: Mele with Our Friends - 4th

Stretching Day 8:30 🎜 Greeting Songs of Aloha

8:45 * Hali'a Resistance Training Circuit & 9:15 Rews & Views: Stretching Tips for Seniors

9:30 Hydration & Bathroom Break 0:00 Morning Surprise: Musical Performance by The Mell Friends - 4th Floor 2:30 Sing Along w/ Karina on The Lanai

1:15 Watercolors & Word Search Puzzles 2:00 Recreating the Classroom Experience: History of Japa

Twins Day

8:45 🏕 Hali'a Resistance Training Circuit &

10:15 📥 Morning Surprise: Mega Toss Games

12:30 🌞 Sing Along w/ Karina on The Lanai

1:15 Watercolors & Word Search Puzzles

9:30 🏶 Sit, Sip, & Name 5 at The Bistro

Engineering Marvels

3:15 → Ageless Fitness & Hydration

Christmas Day

8:45 🏶 Hali'a Resistance Training Circuit &

9:15 Rews & Views: History of Christma

2:30 N Sing Along w/ Karina on The Lanai

1:15 Watercolors & Word Search Puzzles

2:30 🏚 Games & Things To Do Together: BINGO

9:30 Sit, Sip, & Name 5 at The Bistro

3:15 ↔ Ageless Fitness & Hydration

5:30 W Unwind The Mind: Yoga

5:30 W Unwind The Mind: Yoga

8:30 🎜 Greeting Songs of Aloha

Hydration

8:30 🎜 Greeting Songs of Aloha

Hydration

2:30 . Games & Things To Do Together: BINGO 3:15 → Ageless Fitness & Hydration

5:00 Fin The Evening: Guess That Tune! Hawaiian Classics 5:30 W Unwind The Mind: Yoga

9:15 P News & Views: Fun Facts about Twin Siblings

2:00 Recreating the Classroom Experience: World

5:00 r In The Evening: Guess That Tune! 1050's Edition

10:00 * Christmas Piano Performance by Nicholas: 4th Floor

2:00 Recreating the Classroom Experience: Christmas Trivia

5:00 to In The Evening: Guess That Tune! Christmas Classics

2:30 🏟 Games & Things To Do Together: BINGO

8:30 🎜 Greeting Songs of Aloha 8:45 Hali'a Resistance Training Circuit &

8:30 🎜 Greeting Songs of Aloha

9:15 Rews & Views: Worlds Best Gingerbread Houses

10:00 Bible Stories w/ Ms. Maureen & Friends

12:30 🏶 Lanai Time 1:45 • Q-Tip Art & Puzzle Packs

2:15 Recreating the Classroom Experience:
Gingerbread History & Fun Facts 2:30 Gingerbread House Decorating

Candy Day

9:15 Rews & Views: Fun Facts about Holiday Candy

2:15 Recreating the Classroom Experience: Atlantic Ocean

5:30 > Unwind The Mind Time: Soothing Sound of The Islands

10:00 Morning Surprise: Performance by The Olalog Jammers: 4th Floor

2:45 > Journaling: Writing and/or Drawing Your Day

5:00 🏞 Games & Things to Do Together: BINGO

Candy Cane Day

9:15 Rews & Views: Wacky Candy Cane Creation:

2:45 * Journaling: Writing and/or Drawing Your Day

5:00 - Games & Things to Do Together: BINGO

2:15 Recreating the Classroom Experience: History of Africa

5:30 Unwind The Mind Time: Soothing Sound of The Islands

8:45 🏶 Hali'a Resistance Training Circuit &

10:00 🞜 Local Jamz w/ Dean Hirata: 4th Floor

8:45 Hali'a Resistance Training Circuit &

8:30 J Greeting Songs of Aloha

9:30 🏶 Hydration & Bathroom Break

1:45 • Q-Tip Art & Puzzle Packs

3:15 Ageless Fitness & Hydration

8:30 🎜 Greeting Songs of Aloha

9:30 Key Hydration & Bathroom Break

1:45 • Q-Tip Art & Puzzle Packs

3:15 → Ageless Fitness & Hydration

Hydration

2:30 🖊 Lanai Time

Arts / Crafts

Hydration

12:30 🖊 Lanai Time

3:30 → Ageless Fitness & Hydration 5:00 🏟 Games & Things to Do Together: BINGO 5:30 W Unwind The Mind Time: Soothing Sound of The

Masters of Math 3:00 → Ageless Fitness & Hydration

3:00 🔥 Games & Things to Do Together: BINGO

Wear A Ugly Sweater Day

8:30 🎜 Greeting Songs of Aloha 8:45 Hali'a Resistance Training Circuit

9:15 News & Views: Who Invented Christmas Caroling?

9:30 Hvdration & Bathroom Break

10:00 🎜 Hālau Hula O Hulihe'e Christmas Show: 4th

2:30 🌺 Lanai Time

1:30 Sust Craftin: Stand Up Snow Globe Making 2:45 Recreating the Classroom Experience:

Masters of Math 3:00 ← Ageless Fitness & Hydration

3:00 - Games & Things to Do Together: BINGO

Fruit Cake Day

8:30 🎜 Greeting Songs of Aloha 8:45 * Hali'a Resistance Training

Circuit & Hydration

9:15 News & Views: Fun Facts about Fruit Cake

9:45 Balloon Volleyball 10:30 🔥 Games & Things to Do Together: Pictionary

& Hangman

2:30 👺 Lanai Time Afternoon Surprise: Musical Performance 2.00

by The Wahiawa SDA Church Group - 4th

3:00 🔥 Games & Things to Do Together: BINGO

Educational Classes ■ Exercise / Physical Activity

Field Trip / Medical Appointments

Gardening / Outdoor Visit

Hvdration Program

Meditation / Mindfulness

located on the 3rd floor



3:00 🔥 Games & Things to Do Together: BINGO

1:30 - Ageless Fitness & Hydration

8:45 * Hali'a Resistance Training Circuit & 9:15 Rews & Views: Fun Facts about Watches 9:15 News & Views: Most Popular Card Games 9:30 Watercolors & Oldie Tunes 0:00 🌞 Hali'a Mele Club in The Lanai Morning Surprise: Paper Collage Making

> 1:00 Tissue Paper Art 2:00 🕿 Recreating the Classroom Experience: Texas Bar-B-Q 2:30 🔥 Games & Things to Do Together: BINGO

3:15 Ageless Fitness & Hydration 5:00 🏞 In the Evening: Kanikapila Time! 5:30 ➤ Unwind The Mind Time: Soothing Sound of The Islands

8:30 🎜 Greeting Songs of Aloha 8:45 🏶 Hali'a Resistance Training Circuit & Hydration

> 9:15 News & Views: 10 Fun Facts about Bacon 9:30 🏶 Sit, Sip, & Name 5 at The Bistro 10:15 🎜 Morning Surprise: Japanese Sing Along

5:00 > In The Evening: Guess That Tune!

12:30 🧚 Hangman on The Lanai 1:30 9 Just Craftin: Cupcake Liner Firework Art 2:45 Games & Things to Do Together: BINGO 3:15 → Ageless Fitness & Hydration

2:45 - Games & Things to Do Together: BINGO 5:00 h In the Evening: Kanikapila Time! 5:30 * Unwind The Mind Time: Soothing Sound of The Islands

unless otherwise noted. Please meet in the lobby 15 minutes prior to all van departures.

All activities will be

Movies / Documentaries

Music / Special Entertainment

5:30 W Unwind The Mind: Yoga

Bathroom & Hydration Break for Performance 10:00 Birthday Bash & Mele with Our Friends - 4th Floo 12:30 Frivia and Charades on The Lanai 1:30 👺 Fun Film

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Plaza Life Fitness

Memory Care —