



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>All activities will be located on the 3rd floor unless otherwise noted. Please meet in the lobby 15 minutes prior to all van departures.</p> <p>Creative Entertainment Excursion Intellectual Physical Plaza Life Social</p>				<p>Mother Goose Day 1</p> <p>8:30 * Seated Strength Circuits & Hydration 9:15 * Current Events & Fun Facts About Mother Goose 9:30 * Japanese Sing Along 10:15 ↔ Mega Toss Games 12:30 * Remembering Old Hawaii 1:00 * Word Search Puzzles 1:30 * Watercolors & Oldie Tunes 2:30 * Sensory Break: Guess This Scent! 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Evening Yoga</p>	<p>Fitness Day 2</p> <p>8:30 * Seated Strength (A) & Hydration 9:15 * Current Events & Fitness Tips for Seniors 9:30 * Tissue Paper Art 10:30 * 1950's & 60's Trivia 12:30 * Fun Film & Popcorn 2:00 * Q-Tip Art & Puzzle Packs 3:00 ↔ Chair Zumba & Hydration 3:30 * Name 5 & Guess That Tune 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Scrapbook Day 3</p> <p>8:30 * Seated Strength (B) & Hydration 9:15 * Current Events & Creative Ideas for Scrapbooks 9:45 ↔ Balloon Volleyball 10:30 * Pictionary & Hangman 12:30 * Name That Movie & Music Celebrity 1:00 * Plaza Sing Along 1:30 * Arts & Crafts: Palm Tree Fork Painting 2:30 ↔ Ageless Fitness & Hydration 3:15 * BINGO 5:00 * Stories of Old Hawaii 5:30 * Evening Yoga</p>
<p>Orange Juice Day 4</p> <p>8:30 * Seated Strength Circuits & Hydration 9:15 * Current Events & Fun Facts About Orange Juice 10:00 * Paper Collage Making 12:30 * Lanai Time 1:30 ↔ Ageless Fitness & Hydration 2:00 * Educational Documentaries 3:00 * BINGO</p>	<p>Cinco De Mayo & Boys Day 5</p> <p>8:30 * Seated Strength (A) & Hydration 9:15 * Current Events & History of Cinco De Mayo 9:30 * Watercolors & Oldie Tunes 10:30 * Name 5 12:30 * Balloon Hockey 1:30 * Arts & Crafts: Cinco De Mayo Maracas Making 2:30 * Wiki Wiki Snack: Tortilla Chips w/ Salsa 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Beverage Day 6</p> <p>8:30 * Seated Strength (B) & Hydration 9:15 * Current Events & Wackiest Beverages in The World 9:30 * Hot Chocolate & Talk Story at The Bistro 10:15 * Japanese Sing Along 12:30 * Bubble Time & Garden Club in The Lanai 1:00 * Tissue Paper Art 2:00 * Charades & Name That! YouTube Edition 2:30 * Who Is It? & Hangman 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Evening Yoga</p>	<p>Tourism Day 7</p> <p>8:30 * Ageless Fitness & Hydration 9:15 * Current Events & Fun Facts About Hawaii's Tourism 10:00 * Hula by Na Wahine O Ka Hula: 2nd Floor 12:30 * Lanai Time 1:30 * Fun Film & Popcorn 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Have A Coke Day 8</p> <p>8:30 * Seated Strength Circuits & Hydration 9:15 * Current Events & 10 Facts About Coca-Cola 10:00 * Musical Performance by The Mellow Friends: 2nd Floor 12:30 * Bubble Time & Garden Club in The Lanai Time 1:30 * Watercolors & Mini Coca-Cola Tasting 2:30 * Sensory Break: Guess This Scent! 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Evening Yoga</p>	<p>Homefront Hero Day 9</p> <p>8:30 * Seated Strength (A) & Hydration 9:15 * Current Events & Remembering our Military Heroes 10:00 * Hot Chocolate & Talk Story at The Bistro 10:00 * Men's Club: Leonard's Malasadas in Waikale 12:30 * Lanai Time 2:00 * Q-Tip Art & Puzzle Packs 3:00 ↔ Chair Zumba & Hydration 3:30 * Name 5 & Guess That Tune 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Shrimp Day 10</p> <p>8:30 * Seated Strength (B) & Hydration 9:15 * Current Events & Brain Games 9:45 ↔ Balloon Volleyball 10:30 * Pictionary & Hangman 12:30 * Lanai Time 2:00 * Local Jamz w/ Dean Hirata: 2nd Floor 3:15 * BINGO 5:00 * Stories of Old Hawaii 5:30 * Evening Yoga</p>
<p>Mother's Day 11</p> <p>8:30 * Seated Strength Circuits & Hydration 9:15 * Current Events & Brain Games 10:00 * Mother's Day Piano Performance by Nicolas: 2nd Floor 12:30 * Lanai Time 1:30 ↔ Ageless Fitness & Hydration 2:00 * Educational Documentaries 3:00 * BINGO</p>	<p>Fudge Day 12</p> <p>8:30 * Seated Strength (A) & Hydration 9:15 * Current Events & Brain Games 9:30 * Watercolors & Oldie Tunes 10:00 * Half'a Mele Club in The Lanai 12:30 * 3rd Flr. Van Ride: Newtown / Waiau 1:00 * Tissue Paper Art w/ Mini Fudge Squares 2:00 * Charades & Name That! YouTube Edition 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Apple Pie Day 13</p> <p>8:30 * Seated Strength (B) & Hydration 9:15 * Current Events & Brain Games 9:30 * Hot Chocolate & Talk Story at The Bistro 10:15 * Japanese Sing Along 12:30 * Bubble Time & Garden Club in The Lanai 1:30 * Arts & Crafts: Paper Mosaic Art 2:30 * Hangman w/ Mini Apple Pie A la Mode 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Evening Yoga</p>	<p>Buttermilk Biscuit Day 14</p> <p>8:30 * Ageless Fitness & Hydration 9:15 * Current Events & Pictures of Buttermilk Biscuits 10:00 * Soul Sounds w/ Wally Brown: 2nd Floor 12:30 * Lanai Time 1:30 * Fun Film & Popcorn 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Chocolate Chip Day 15</p> <p>8:30 * Seated Strength Circuits & Hydration 9:15 * Current Events & Brain Games 9:30 * Hot Chocolate & Talk Story at The Bistro 10:15 ↔ Mega Toss Games 12:30 * Bubble Time & Garden Club in The Lanai Time 1:30 * Watercolors & Word Search Puzzles 2:30 * Wiki Wiki Snack: Chocolate Chip Cookies 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Evening Yoga</p>	<p>Bar-b-q Day 16</p> <p>8:30 * Seated Strength (A) & Hydration 9:15 * Current Events & 10 Fun Facts About Bar-B-Q 10:00 * Hot Chocolate & Brain Games at The Bistro 12:30 * Lanai Time 2:00 * Q-Tip Art & Puzzle Packs 3:00 ↔ Chair Zumba & Hydration 3:30 * Name 5 & Guess That Tune 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Walnut Day 17</p> <p>8:30 * Seated Strength (B) & Hydration 9:15 * Current Events & Health Benefits of Walnuts 9:45 ↔ Balloon Volleyball 10:30 * Pictionary & Hangman 12:30 * Lanai Time 1:30 * Arts & Crafts: Zebra Finger Puppet Making 2:30 ↔ Ageless Fitness & Hydration 3:15 * BINGO 5:00 * Stories of Old Hawaii 5:30 * Evening Yoga</p>
<p>Visit Your Relatives Day 18</p> <p>8:30 * Seated Strength Circuits & Hydration 9:15 * Current Events & Brain Games 10:00 * Paper Collage Making 12:30 * Lanai Time 1:30 ↔ Ageless Fitness & Hydration 2:00 * Educational Documentaries 3:00 * BINGO</p>	<p>Roadie Day 19</p> <p>8:30 * Seated Strength (A) & Hydration 9:15 * Current Events & History of The Band Roadie 9:30 * Watercolors & Oldie Tunes 10:00 * Half'a Mele Club in The Lanai 12:30 * 3rd Flr. Van Ride: Mokuleia 1:00 * Tissue Paper Art 2:00 * Charades & Name That! YouTube Edition 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Strawberry Day 20</p> <p>8:30 * Seated Strength (B) & Hydration 9:15 * Current Events & Brain Games 9:30 * Hot Chocolate & Talk Story at The Bistro 10:15 * Japanese Sing Along 12:30 * Bubble Time & Garden Club in The Lanai 1:30 * Arts & Crafts: Poppy Flower Painting 2:15 * Wiki Wiki Snack: Mini Strawberry Parfaits 2:30 * Who Is It? & Hangman 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Evening Yoga</p>	<p>Red Cross Day 21</p> <p>8:30 * Ageless Fitness & Hydration 9:15 * Current Events & History of The Red Cross 10:00 * Plaza Sing Along: 2nd Floor 12:30 * Lanai Time 1:30 * Fun Film & Popcorn 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Vanilla Pudding Day 22</p> <p>8:30 * Seated Strength Circuits & Hydration 9:15 * Current Events & Brain Games 9:30 ↔ Mega Toss Games 10:10 * Bon Dancersizing w/ Wahiawa Hongwanji: 2nd Floor 12:30 * Bubble Time & Garden Club in The Lanai Time 1:30 * Watercolors & Word Search Puzzles 2:30 * Wiki Wiki Snack: Vanilla Pudding 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Evening Yoga</p>	<p>Lucky Penny Day 23</p> <p>8:30 * Seated Strength (A) & Hydration 9:15 * Current Events & History of The Lucky Penny 10:00 * Hot Chocolate & Brain Games at The Bistro 10:00 * Men's Club: 5th Floor 12:30 * Lanai Time 2:00 * Q-Tip Art & Puzzle Packs 3:00 ↔ Chair Zumba & Hydration 3:30 * Name 5 & Guess That Tune 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Scavenger Hunt Day 24</p> <p>8:30 * Seated Strength (B) & Hydration 9:15 * Current Events & Brain Games 10:00 * Local Jamz w/ Dean Hirata: 2nd Floor 12:30 * Lanai Time 2:00 * Musical Performance by The Wahiawa SDA Church Group: 2nd Floor 3:15 * BINGO 5:00 * Stories of Old Hawaii 5:30 * Evening Yoga</p>
<p>Wine Day 25</p> <p>8:30 * Seated Strength Circuits & Hydration 9:15 * Current Events & Worlds Most Expensive Wines 10:00 * Paper Collage Making 12:30 * Lanai Time 1:30 ↔ Ageless Fitness & Hydration 2:00 * Educational Documentaries 3:00 * BINGO</p>	<p>Memorial Day 26</p> <p>8:30 * Seated Strength (A) & Hydration 9:15 * Current Events & History of Memorial Day 10:00 * Performance by Team of Angels: 2nd Floor 12:30 * 3rd Flr. Van Ride: Ewa Beach 1:00 * Tissue Paper Art 2:00 * Charades & Name That! YouTube Edition 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Grape Day 27</p> <p>8:30 * Seated Strength (B) & Hydration 9:15 * Current Events & Fun Facts About Grapes 10:00 * Hawaiian Music w/ Kupuna Mele: 2nd Floor 12:30 * Bubble Time & Garden Club in The Lanai 1:30 * Arts & Crafts: Newspaper Cat Making 2:30 * Who Is It? & Hangman 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Evening Yoga</p>	<p>Hamburger Day 28</p> <p>8:30 * Ageless Fitness & Hydration 9:15 * Current Events & Best Places for Hamburgers in Hawaii 10:00 * Plaza Sing Along: 2nd Floor 12:30 * Lanai Time 1:30 * Fun Film & Popcorn 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Paper Clip Day 29</p> <p>8:30 * Seated Strength Circuits & Hydration 9:15 * Current Events & Wackiest Things Made w/ Paper Clips 9:30 * Hot Chocolate & Talk Story at The Bistro 10:15 ↔ Mega Toss Games 12:30 * Bubble Time & Garden Club in The Lanai Time 1:30 * Watercolors & Word Search Puzzles 2:30 * Sensory Break: Guess This Scent! 3:15 ↔ Ageless Fitness & Hydration 5:00 * BINGO 5:30 * Evening Yoga</p>	<p>Mint Julip Day 30</p> <p>8:30 * Seated Strength (A) & Hydration 9:15 * Current Events & What is Mint Julip? 10:00 * Hot Chocolate & Brain Games at The Bistro 12:30 * Lanai Time 2:00 * Q-Tip Art & Puzzle Packs 3:00 ↔ Chair Zumba & Hydration 3:30 * Name 5 & Guess That Tune 5:00 * BINGO 5:30 * Unwind The Mind Time</p>	<p>Smile Day 31</p> <p>8:30 * Seated Strength (B) & Hydration 9:15 * Current Events & Ways to Smile More 9:45 ↔ Balloon Volleyball 10:30 * Pictionary & Hangman 12:30 * Lanai Time 1:30 * Arts & Crafts: 2D Cotton Ball Plant Making 2:30 ↔ Ageless Fitness & Hydration 3:15 * BINGO 5:00 * Stories of Old Hawaii 5:30 * Evening Yoga</p>