

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



- ♥ Health & Fitness
- 🚌 Shuttle
- ★ Special Event

<p>National Root Beer Float Day 6</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 Things That Start With "B" [A] 10:00 Ring Toss to Classical Music [A] 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 🚌 Sightseeing: Koko Marina 2:00 Afternoon Snack: Root Beer Floats [A] 2:00 Hula with Kumu Sallie [A] 2:45 Plaza Sing A Long [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Purple Heart Day 7</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 ★ Music with Hank the Singing Dutchman [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Dollar Day 8</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 SONG OF THE DAY: "Can't Buy Me Love" by the Beatles [A] 10:00 Hali'a Best Friend of the Month: Oriental Crafts [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Boxing (DVD) [A] 1:00 Craft: Dollar Origami [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 2:30 ♥ Hydration Time with Infused Water [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Ice Cream Sandwich Day 2</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:15 Brain Games: 9 Letter Squares [A] 9:45 🚌 Sightseeing: Kaneohe 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 ♥ Balloon Volleyball with Oldies but Goodies tunes [A] 2:00 Cooking Demo: Ice Cream Sandwich Cake [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Watermelon Day 3</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 ♥ Morning Exercise [A] 9:15 Hangman- Summer BBQ Foods [A] 10:00 ★ Buddhist Service with Moiliili Hongwanji [T] 10:00 Craft: Watermelon Welcome Door Hanger [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 ♥ Bowling [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National International Beer Day 4</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 ★ Music with Dean Hirata [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 ♥ Balloon Volleyball with Elvis Presley Tunes [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Oyster Day 5</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 ♥ Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Cooking Demo: Ranch Oyster Cracker Snacks [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National International Left Handers Day 13</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 Things That Start With "L" [A] 10:00 Minute To Win It: Left Handed Games [A] 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 Beautiful You, Including Nail Painting [A] 2:00 Ring Toss to Jazz Music [A] 2:45 Plaza Sing A Long [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Creamsicle Day 14</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 ★ Music with Roy Hamada [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Creamsicle Treats [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Relaxation Day 15</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 SONG OF THE DAY: "All I Have To Do Is Dream" by the Everly Brothers [A] 10:00 ♥ Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Salsa (DVD) [A] 1:00 Hali'a Best Friend of the Month: Armchair Travel To Zamboanga with a Treat [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 2:30 ♥ Hydration Time with Infused Water [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Tell A Joke Day 16</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:15 Brain Games: 9 Letter Squares [A] 9:45 🚌 Sightseeing: Pearl Harbor 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Drums Alive! [A] 2:00 Bean Bag Toss to Showtunes [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Black Cat Appreciation Day 17</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 ♥ Morning Exercise [A] 9:15 Hangman: Famous Cats or Dogs [A] 10:00 ★ Catholic Service with St. Augustine Church by the Sea [T] 10:00 Pointillism Art: Black Cats [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Tai Chi [A] 1:00 Bingo [A] 2:15 ♥ Bowling [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Fajita Day 18</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Baking Demo: Apple Pie Cookie Bars [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Hanapa'a! Let's Go Fishing [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National World Honey Bee Day 19</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 ♥ Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Craft: Honey Bee Stained Glass Pictures [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Radio Day 20</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 Name That Tune [A] 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 🚌 Sightseeing: Waikiki/Diamond Head/ Kahala 2:00 Hula with Kumu Sallie [A] 2:45 Ring Toss to Elvis Music [A] Plaza Sing A Long [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Senior Citizens Day 21</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 ★ Music with Hank the Singing Dutchman [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Guided Imagery [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Be An Angel Day 22</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 SONG OF THE DAY: "My Special Angel" by Bobby Helms [A] 10:00 Hali'a Best Friend of the Month: Sing-a-long with Mary [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Boxing (DVD) [A] 1:00 Mini Pulelehua Stations [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 2:30 ♥ Hydration Time with Infused Water [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Sponge Cake Day 23</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:15 Jeopardy (TV app) Game [A] 10:00 New Hope Church Service [T] 10:00 ★ Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 New Event Name [A] 2:00 Twister Toss [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Waffle Day 24</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 ♥ Morning Exercise [A] 9:15 Food Trivia or Which Two Desserts Are You? [A] 10:00 Bingo [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 ♥ Bowling [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Banana Split Day 25</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Cooking Demo: Banana Split Bites [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Ring Toss to Jazz Music [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Dog Day 26</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 ♥ Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Pet Therapy with Jim and Chico [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Just Because Day 27</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 Things That Start With "J" [A] 10:00 Craft: Beaded Bracelets [A] 10:00 ★ Pet Therapy with Kaia and Noah [A] 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 Blackjack [A] 2:00 Ring Toss to Hawaiian Music [A] Plaza Sing A Long [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Thoughtful Day 28</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 ★ Sing-a-long with Sandy and Gordon [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Sensory Time: Nature Walk and Scavenger Hunt [A] 2:00 ♥ Horseshoes [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National According to Hoyle Day 29</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:30 SONG OF THE DAY: "The Gambler" by Kenny Rogers [A] 10:00 Hali'a Best Friend of the Month: Sweet Like Mary! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Salsa (DVD) [A] 1:00 Blackjack [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 2:30 ♥ Hydration Time with Infused Water [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirt National Beach Day 30</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] 9:15 Icebreaker Beach Ball [A] 9:45 🚌 Sightseeing: Pacific Palisades 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Blackjack or Quirkle Table Game [A] 2:00 Beach Blanket Bean Bag Toss [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Eat Outside Day 31</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 ♥ Morning Exercise [A] 9:15 Magic Ink (Group Creative Writing): Summer Picnics [A] 10:00 Bingo [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 ♥ Bowling [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<h1>Location Keys</h1> <p>Activity Room A Hoku Terrace HT Theater T</p>	