

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Pie Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Aromatherapy Hand Massage (C) 2:30 – Mele in the Courtyard (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner National Pie Day	2. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – December Trivia 2:00 – Doc: Great National Parks Ep 1 2:00 – Seated Tai Chi with Glenn (A) 3:00 – Tea Time in the Courtyard (C) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Day of Giving	3. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Random Facts Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Mindful Nature Walk (O) 2:15 – Aromatherapy Hand Massage (C) 2:30 – Mele in the Courtyard (C) 3:00 – Craft: Cotton Ball Santa 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Make A Gift Day	4. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Music Moves Me 12:30 – Lunch 1:30 – Cookie Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cookie Day	5. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Music with Michael (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Jeans Trivia 2:00 – Englebert Humperdinck Sing-Along 3:00 – Christmas Word Seach 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner National Blue Jeans Day	6. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – PCHS Spanish Club Gingerbread House Decorating (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Saint Nicholas Trivia 2:00 – Saturday Matinee Movie 2:00 – Zumba with Annette (A) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Saint Nicholas Day	
	7. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – Illinois Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music with Dean (A) 3:00 – Basketball 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Illinois Day	8. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Crafting with Linda (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Crossword Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Crossword Solvers Day	9. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – Hawaii Dance Bomb Silent Disco 12:30 – Lunch 1:30 – Christmas Card Trivia 2:00 – Seated Tai Chi with Glenn (A) 2:00 – Doc: Great National Parks Ep 2 3:00 – Tea Time in the Courtyard (C) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Christmas Card Day	10. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Hauoli Ohana (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Noble Prize Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Stocking Decorating 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Nobel Prize Day	11. 8:30 – Breakfast 9:30 – Cognifit 9:30 – The Rat Pack Concert 9:30 – Karaoke Gang (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Reindeer Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Stretching Day	12. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Na Wahine O Ka Hula (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Poinsettia Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Calvary Assembly of God Honolulu Christmas Caroling (A) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Poinsettia Day	13. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Activities with Grace & Friends (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Cocoa Trivia 2:00 – Saturday Matinee Movie 2:00 – Strength and Balance Fuzion Fitness with Daniel (A) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cocoa Day
14. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Zumba with Annette (A) 11:00 – What's on the Menu? 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – Wreaths Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mele in the Courtyard (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Target Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Wreaths Across America Day	15. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Cupcake Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk Outside 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 3:30 – Swatter Balloon Volleyball 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cupcake Day	16. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Chocolate Trivia 2:00 – Doc: Great National Parks Ep 3 2:00 – Seated Tai Chi with Glenn (A) 3:00 – Tea Time in the Courtyard (C) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Chocolate Covered Anything Day	17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Music Performance w/Mike Kahue (A) 10:00 – Birthday Bash (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Wright Brothers Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Olaloa Jammers (A) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Wright Brothers Day	18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert 10:00 – Mellow Friends Karaoke Group (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Twins Trivia 2:00 – Sing-Along with Susie Q 2:00 – Kanikapila with Mark and Jana (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Twin Day	19. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Picasso Painters 12:30 – Lunch 1:30 – Ugly Sweater Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Popsicles in the Courtyard (C) 2:15 – Mele in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Ugly Christmas Sweater Day	20. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Christmas Carols with Sandra and Friends (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Christmas Carols Trivia 2:00 – Saturday Movie Matinee 2:00 – Aromatherapy Hand Massage (C) 2:15 – Mele in the Courtyard (C) 3:00 – 7th Day Adventist Choir (A) 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Go Caroling Day	
21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – Christmas Tree Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music with Dean (A) 3:00 – Basket Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Green and Red Dress Up Day	22. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Winter Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Winter Wonderland Dress Up Day	23. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Hat Trivia 2:00 – Doc: Great National Parks Ep 4 2:00 – Seated Tai Chi with Glenn (A) 3:00 – Tea Time in the Courtyard (C) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Christmas Hat Day	24. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Hank the Singing Dutchman (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Christmas Songs Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Modeling Clay Snowman 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Christmas Accessories Dress Up Day	25. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Christmas Music Moves Me 12:30 – Lunch 1:30 – Christmas Trivia 2:00 – Sing-Along with Susie Q 2:00 – Popsicles in the Courtyard (C) 2:15 – Mele in the Courtyard (C) 3:00 – Christmas Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Ugly Sweater Dress Up Day	26. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Inspirational Music w/ Wally (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Candy Cane Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Popsicles in the Courtyard (C) 2:15 – Mele in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Candy Cane Dress Up Day	27. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Socks Trivia 2:00 – Saturday Matinee Movie 2:00 – Aromatherapy Hand Massage (C) 2:15 – Mele in the Courtyard (C) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Christmas Socks Dress Up Day	
28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – Card Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mindful Nature Walk Outside 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bean Bag Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Card Playing Day	29. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Clock Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Tick Tock Day	30. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Bacon Trivia 2:00 – Doc: Great National Parks Ep 5 2:00 – Seated Tai Chi with Glenn (A) 3:00 – Tea Time in the Courtyard (C) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Bacon Day	31. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – New Year's Eve Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Beaded Wreath 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner New Year's Eve			Van Departures Please meet in the lobby 15 minutes prior to all van departures.	KEY C – Courtyard A – Activity Room L – Lobby O – Outside

We hope you will join us for these activities! Please speak with your activities assistant or the Activity Director if you have suggestions, comments, or questions about activities. Please note that all activities and times are subject to change.