

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Van Departures Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY A – Activity Room MR – Media Room GR – Game Room FD – Front Desk S – Supervised U – Unsupervised B – Bistro</p>	 <p>National Senior Citizens Day</p>	 <p>Root Beer Floats!</p>	<p>1. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Senior Moments (A) 1:00 - Holoholo: Chocolea (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Nickel Bingo (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) International Mahjong Day</p>	<p>2. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Michael (A) 10:30 - Ice Cream Sandwiches (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Ice Cream Sandwich Day</p>	<p>3. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music Performance with Chester and Henry (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Zumba with Annette (A) 3:00 - 500 Trivia Questions Game (A) 3:30 - Hanafuda (A) National Watermelon Day</p>
<p>4. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Pokai Bay (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Movie: Residents Choice (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: The Price is Right (MR) National Friendship Day</p>	<p>5. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:00 - Shopping: Seafood City Waipahu (U) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Body & Brain Yoga with Karen (A) 11:45 - Scenic: Pokai Bay (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Movie: Ghostbusters (MR) 3:30 - I Should've Known That Trivia Game (A) National Oyster Day</p>	<p>6. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:20 - Nickel Bingo (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Japanese Drama Show (MR) 2:00 - Root Beer Floats (A) 2:30 - Outdoor Stroll Walking Club (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) National Root Beer Float Day</p>	<p>7. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 11:15 - Kau Kau Club: Big City Diner (S) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Word Search Hour (GR) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Raspberries N' Cream Day</p>	<p>8. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 9:30 - Karaoke Gang (A) 1:00 - Holoholo: Hawaiian Chip Factory (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Dollar Day</p>	<p>9. 8:15 - Exercise (MR) 9:00 - Hydration Recharge (MR) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Dean (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Book Lovers Day</p>	<p>10. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Strength and Balance Fuzion Fitness with Daniel (A) 3:00 - Hangman Word Game (A) 3:30 - Hanafuda (A) National Bowling Day</p>
<p>11. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Kahalu'u (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Movie: Residents Choice (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Bowlings (A) National Play in the Sand Day</p>	<p>12. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:00 - Shopping: Ross Kapolei (U) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Crafting with Linda (A) 11:45 - Scenic: Kahalu'u (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Movie: Missing (MR) 3:30 - Old Wives Tale Trivia Game (A) National Vinyl Record Day</p>	<p>13. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Hawaii Dance Bomb Silent Disco (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Japanese Drama Show (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Outdoor Stroll Walking Club (L) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - OK Boomer Trivia Game (A) 3:30 - Hanafuda (A) International Left-handers Day</p>	<p>14. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Hui Malama Performance (A) 11:15 - Kau Kau Club: Ka Makana Food Court (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Arts & Crafts (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Creamsicle Day</p>	<p>15. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Legacy Group (A) 10:50 - Japanese Speaking Bible Study with Keiko (MR) 1:00 - Holoholo: Fujiya Mochi Store (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Relaxation Day</p>	<p>16. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Michael (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Nickel Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Tell A Joke Day</p>	<p>17. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Zumba with Annette (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Nickel Bingo (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - 7th Day Adventist Choir (A) World Honeybee Day</p>
<p>18. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Pali Hwy (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Movie: Residents Choice (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Wheel of Fortune (A) National Fajita Day</p>	<p>19. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:00 - Shopping: Target Salt Lake (U) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 11:45 - Scenic: Pali Hwy (S) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Game: Jenga (A) 3:00 - Movie: Crazy Rich Asians (MR) 3:30 - Guess in 10 Trivia Game (A) National Potato Day</p>	<p>20. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Piano Performance with Roy (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Japanese Drama Show (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Outdoor Stroll Walking Club (L) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) National Bacon Lovers Day</p>	<p>21. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Mike Kahue (A) 11:15 - Kau Kau Club: Bravo's (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Arts & Crafts (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Senior Citizens Day</p>	<p>22. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Mellow Friends Karaoke Group (A) 1:00 - Holoholo: Waikale Food Trucks (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Bao Day</p>	<p>23. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Schofield Army Band (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Cuban Sandwich Day</p>	<p>24. 8:15 - Exercise (MR) 9:00 - Hydration Recharge (MR) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Cooking Corner: Temaki (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Plaza Casino: Blackjack (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - History Channel Trivia Game (A) 3:30 - Hanafuda (A) National Waffle Day</p>
<p>25. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Waipahu (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Movie: Residents Choice (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Bowling (A) National Banana Split Day</p>	<p>26. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Movie: The Long Game (MR) 3:30 - I Should've Known That Trivia Game (A) National Dog Day</p>	<p>27. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Japanese Drama Show (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Outdoor Stroll Walking Club (L) 3:00 - Seated Whole Body Exercise (MR) 3:00 - OK Boomer Trivia Game (A) 3:30 - Hanafuda (A) National Just Because Day</p>	<p>28. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Hank the Singing Dutchman (A) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Arts & Crafts (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Thoughtful Day</p>	<p>29. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Dean (A) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Chop Suey Day</p>	<p>30. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Inspirational Music with Wally (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National College Colors Day</p>	<p>31. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Plaza Casino: Blackjack (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - 500 Trivia Questions Game (A) 3:30 - Hanafuda (A) National Trail Mix Day</p>