

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. 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 – Dark Chocolate Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mindful Nature Walk (O) 2:00 – Aromatherapy Hand Massage (C) 2:30 – Mele in the Courtyard (C) 3:00 – Basket Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Dark Chocolate Day	2. 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 – Ukulele Trivia 2:00 – Sensory Shenanigans 2:00 – Matinee 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 Ukulele Day	3. 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 – Carrot Cake Trivia 2:00 – Doc: Our Oceans Ep 1 2:00 – Mindful Nature Walk (O) 2:15 – Tea Time in the Courtyard (C) 3:00 – Picasso Painters 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Carrot Cake Day	4. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Chair Yoga with Hang Zen Yogi (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Mail Carrier Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Arts and Crafts 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Thank A Mail Carrier Day	5. 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 – February 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 Optimist Day	6. 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 – Red Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Popsicles 3:00 – Word Search Hour 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Wear Red Day	7. 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 – Ice Cream Trivia 2:00 – Saturday Matinee Movie 2:00 – Zumba with Annette (A) 3:00 – Sign & Shine ASL with Catherine 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Ice Cream for Breakfast Day
8. 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 – Superbowl Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mindful Nature Walk (O) 2:00 – Aromatherapy Hand Massage (C) 2:30 – Mele in the Courtyard (C) 3:00 – Basketball 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Superbowl Day	9. 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 – Pizza Trivia 2:00 – Sensory Shenanigans 2:00 – Matinee 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 Pizza Day	10. 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 – Flannel Trivia 2:00 – Doc: Our Oceans Ep 2 2:00 – Mindful Nature Walk (O) 2:15 – Tea Time in the Courtyard (C) 3:00 – Picasso Painters 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Flannel Day	11. 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 – Guitar Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 3:00 – Sing-Along with Susie Q 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Guitar Day	12. 8:30 – Breakfast 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 – Plum 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 Plum Pudding Day	13. 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 – Music Moves Me 12:30 – Lunch 1:30 – Cheddar 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 Cheddar Day	14. 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 – Valentine's Trivia 2:00 – Saturday Matinee Movie 2:00 – Strength and Balance Fuzion Fitness with Daniel (A) 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Valentine's Day
15. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 11:00 – What's on the Menu? 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – Wisconsin Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music with Dean (A) 3:00 – Target Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Wisconsin Day	16. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Zumba with Annette (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Presidents Trivia 1:45 – Sensory Shenanigans 1:45 – Chinese New Year Lion Dance (B) 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 Presidents Day	17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Don Ho Concert 10:00 – Music with Pono (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Chinese New Year Trivia 2:00 – Doc: Our Oceans Ep 3 2:00 – Mindful Nature Walk (O) 2:15 – Tea Time in the Courtyard (C) 3:00 – Picasso Painters 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Chinese New Year	18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Music with 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 – Wine Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Arts and Crafts 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Drink Wine Day	19. 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 – Mint 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 Chocolate Mint Day	20. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Music with Dave 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 – Socks 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 Muffin Day	21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – PCHS Spanish Club Activities (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Flowers Trivia 2:00 – Saturday Matinee Movie 2:00 – Strength and Balance Fuzion Fitness with Daniel (A) 3:30 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Red Socks Day
22. 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 – California Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music with Dean (A) 3:00 – Bean Bag Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National California Day	23. 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 – Banana Trivia 2:00 – Sensory Shenanigans 2:00 – Matinee 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 Banana Bread Day	24. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Don Ho Concert 10:00 – Music with Pono (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Tortilla Trivia 2:00 – Doc: Our Oceans Ep 4 2:00 – Mindful Nature Walk (O) 2:15 – Tea Time in the Courtyard (C) 3:00 – Picasso Painters 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Tortilla Chip Day	25. 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 – Clam Chowder Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Arts and Crafts 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Clam Chowder Day	26. 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 – Pistachio 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 Pistachio Day	27. 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 – Strawberry 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 Strawberry Day	28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – PCHS Spanish Club Activities (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Flowers Trivia 2:00 – Saturday Matinee Movie 2:00 – Strength and Balance Fuzion Fitness with Daniel (A) 3:30 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Floral Designs Day
Van Departures Please meet in the lobby 15 minutes prior to all van departures.	KEY C – Courtyard A – Activity Room L – Lobby O – Outside					