



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Van Departures</b></p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p><b>KEY</b></p> <p><b>C</b> – Courtyard <b>A</b> – Activity Room <b>L</b> – Lobby</p>		<p><b>1.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – New Years Day Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) <b>3:00 – Craft: Lucky Neko</b> 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>New Year's Day</b></p>	<p><b>2.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – Cream Puff Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National National Cream Puff Day</b></p>	<p><b>3.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – Straw Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Drinking Straw Day</b></p>	<p><b>4.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert <b>10:00 – Activities with Grace &amp; Friends (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Random Facts Trivia 2:00 – Saturday Matinee Movie <b>2:00 – Zumba with Annette (A)</b> 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Trivia Day</b></p>
<p><b>5.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie <b>10:00 – Van Ride</b> 11:30 – Pet Therapy with Chibi and Wicket <b>12:30 – Lunch</b> 1:30 – Bird Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 1:00 – Aromatherapy Hand Massage (C) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Bird Day</b></p>	<p><b>6.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert <b>10:00 – Crafting with Linda (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Technology Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Technology Day</b></p>	<p><b>7.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations <b>12:30 – Lunch</b> 1:30 – Bobblehead Trivia 2:00 – Matinee Movie 3:00 – Sing-Along with Susie Q 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Bobblehead Day</b></p>	<p><b>8.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – Hawaii Dance Bomb Silent Disco <b>12:30 – Lunch</b> 1:30 – Bubble Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show <b>2:00 – Van Ride</b> <b>3:00 – Craft: Chinese Firecracker</b> 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Bubble Bath Day</b></p>	<p><b>9.</b> 8:30 – Breakfast 9:30 – Cognifit 9:30 – The Rat Pack Concert <b>9:30 – Karaoke Gang (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Law Enforcement Trivia 2:00 – Sing-Along with Susie Q <b>2:00 – Crafting with Kristia (A)</b> 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Law Enforcement Day</b></p>	<p><b>10.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert <b>10:00 – Music with Dean (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Plants Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Houseplant Appreciation Day</b></p>	<p><b>11.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert <b>10:00 – Wah Yun Culture and Arts Academy Lion Dance (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Arkansas Trivia 2:00 – Saturday Matinee Movie <b>2:00 – Strength and Balance Fuzion Fitness with Daniel (A)</b> 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Arkansas Day</b></p>
<p><b>12.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie <b>10:00 – Van Ride</b> 11:30 – Exercise 12:15 – Water &amp; Bathroom Break <b>12:30 – Lunch</b> 1:30 – Marzipan Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 1:00 – Aromatherapy Hand Massage (C) 3:00 – Bean Bag Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Marzipan Day</b></p>	<p><b>13.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – Sticker Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Sticker Day</b></p>	<p><b>14.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations <b>12:30 – Lunch</b> 1:30 – Pet Trivia 2:00 – Sing-Along with Susie Q 2:00 – Tea Time in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Dress Up Your Pet Day</b></p>	<p><b>15.</b> 8:30 – Breakfast 9:30 – Cognifit 9:30 – Elvis Presley Concert <b>10:00 – Music with Mike Kahue (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Strawberry Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show <b>2:00 – Van Ride</b> <b>3:00 – Craft: Chinese Snake Lantern</b> 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Strawberry Ice Cream Day</b></p>	<p><b>16.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert <b>10:00 – Mellow Friends Karaoke (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Religion Trivia 2:00 – Sing-Along with Susie Q <b>2:00 – Crafting with Kristia (A)</b> 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Religious Freedom Day</b></p>	<p><b>17.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert <b>10:00 – Music with Pono (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Popeye Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Popeye the Sailor Man Day</b></p>	<p><b>18.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert <b>10:00 – Ryugin Taiko Performance (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Winne the Pooh Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Winnie the Pooh Day</b></p>
<p><b>19.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie <b>10:00 – Van Ride</b> 11:30 – Pet Therapy with Chibi and Wicket <b>12:30 – Lunch</b> 1:30 – Popcorn Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 1:00 – Aromatherapy Hand Massage (C) 3:00 – Basketball 3:30 – Word Search 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Popcorn Day</b></p>	<p><b>20.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert <b>10:00 – Zumba with Annette (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Martin Luther King Jr. Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>Martin Luther King Jr. Day</b></p>	<p><b>21.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Dean Martin Concert <b>10:00 – Piano Performance with Roy (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – January Trivia 2:00 – Sing-Along with Susie Q 2:00 – Tea Time in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Hugging Day</b></p>	<p><b>22.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – Random Facts Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Hidden Pictures <b>3:00 – Craft: Fire Breathing Dragon</b> 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>Celebration of Life Day</b></p>	<p><b>23.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert <b>10:00 – Legacy Group (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Pie Trivia 2:00 – Sing-Along with Susie Q <b>2:00 – Crafting with Kristia (A)</b> 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Pie Day</b></p>	<p><b>24.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – Wig Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Big Wig Day</b></p>	<p><b>25.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – Coffee Trivia 2:00 – Saturday Movie Matinee <b>2:00 – Okinawan Dance Performance (A)</b> 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Irish Coffee Day</b></p>
<p><b>26.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie <b>10:00 – Van Ride</b> 11:30 – Exercise 12:15 – Water and Bathroom Break <b>12:30 – Lunch</b> 1:30 – Peanuts Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 1:00 – Aromatherapy Hand Massage (C) 3:00 – Target Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Peanut Brittle Day</b></p>	<p><b>27.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert <b>10:00 – Body and Brain Yoga w/Karen (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Chocolate Trivia 2:00 – Sensory Shenanigans 2:00 – Movie <b>2:00 – Crafting with Sandra from Pearl City Library (A)</b> 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Chocolate Cake Day</b></p>	<p><b>28.</b> 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations <b>12:30 – Lunch</b> 1:30 – Kazoo Trivia 2:00 – Sing-Along with Susie Q 2:00 – Tea Time in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Kazoo Day</b></p>	<p><b>29.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert <b>10:00 – Hank the Singing Dutchman (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Puzzle Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show <b>2:00 – Van Ride</b> <b>3:00 – Craft: Chinese Dragon Mask</b> 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Puzzle Day</b></p>	<p><b>30.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert <b>10:00 – Music with Dean (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Croissant Trivia 2:00 – Sing-Along with Susie Q <b>2:00 – Crafting with Kristia (A)</b> 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>National Croissant Day</b></p>	<p><b>31.</b> 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert <b>10:00 – Inspirational Music with Wally A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Art Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break 5:30 – Dinner <b>Inspire Your Heart with Art Day</b></p>	

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.