

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Van Departures Please meet in the lobby 15 minutes prior to all van departures.	KEY C – Courtyard A – Activity Room L – Lobby	1. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Ice Cream Trivia 2:00 – Doc: Life on Our Planet S1 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 Creative Ice Cream Flavors Day	2. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Disco Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Patriotic Hats 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Disco Day	3. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Animals that Start with Letter... 12:30 – Lunch 1:30 – Beans 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 Eat Your Beans Day	4. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Ray Charles Concert 10:00 – Music with Michael (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Independence Day Trivia 2:00 – Matinee Movie 2:00 – Pet Therapy in the Courtyard with Zodiac (C) 2:30 – Popsicles in the Courtyard (C) 3:00 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Independence Day	5. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – Hawaii Dance Bomb Silent Disco 12:30 – Lunch 1:30 – Hawaii Trivia 2:00 – Saturday Matinee Movie 2:00 – Mindful Nature Walk Outside 2:15 – Courtyard Cruising (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Hawaii Day
6. 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 – Sushi 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 Hand Roll Day	7. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Body and Brain Tai Chi w/Karen (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Koi Fish Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 3:30 – Hangman Word Game 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Koi Day	8. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Popsicle Trivia 2:00 – Doc: Life on Our Planet S1 Ep 6 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 Freezer Pop Day	9. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Cookie Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Under the Sea 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Sugar Cookie Day	10. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – States that Start with Letter... 12:30 – Lunch 1:30 – Kitten 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 Kitten Day	11. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – 7-11 Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Pet Therapy in the Courtyard with Zodiac (C) 2:30 – Popsicles in the Courtyard (C) 3:00 – Plaza Casino: Blackjack (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National 7-11 Day	12. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Activities with Grace & Friends (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Jello Trivia 2:00 – Saturday Matinee Movie 2:00 – Strength and Balance Fusion 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 Eat Your Jello Day
13. 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 – Delaware Trivia 2:00 – Sing-Along with Susie Q 2:00 – Zumba with Annette (A) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Delaware Day	14. 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 – Mac and Cheese Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk Outside 2:15 – Courtyard Cruising (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 Mac and Cheese Day	15. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Horses Trivia 2:00 – Doc: Life on Our Planet S1 Ep 7 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 I Love Horses Day	16. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Music Performance w/Mike Kahue (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Hot Dog Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 2:30 – Aromatherapy Hand Massage (C) 3:00 – Craft: Tropical Palm Tree Suncatcher 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Hot Dog Day	17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert 10:00 – Mellow Friends Karaoke Group (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Peach 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 Peach Ice Cream Day	18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Newtown Strummers (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Fruit Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Pet Therapy in the Courtyard with Zodiac (C) 2:30 – Popsicles in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Tropical Fruit Day	19. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Pageant Title Holders Variety Talent Show (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Daiquiri Trivia 2:00 – Saturday Movie Matinee 2:00 – Mindful Nature Walk Outside 2:15 – Courtyard Cruising (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Hangman Word Game (A) 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Daiquiri Day
20. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – Moon 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 National Moon Day	21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Body & Brain Yoga with Karen (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Junk Food Trivia 2:00 – Sensory Shenanigans 2:00 – Matinee Movie 2:00 – Mindful Nature Walk Outside 2:15 – Courtyard Cruising (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 3:30 – Hangman Word Game 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Junk Food Day	22. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Mango Trivia 2:00 – Doc: Life on Our Planet S1 Ep 8 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 Mango Day	23. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Hank the Singing Dutchman (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Nail Polish Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Patriotic Snow Globe 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Gorgeous Grandma Day	24. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Amelia Earhart 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 Amelia Earhart Day	25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Inspirational Music w/ Wally (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Sewing Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Pet Therapy in the Courtyard with Zodiac (C) 2:30 – Popsicles in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Thread the Needle Day	26. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Coffee Trivia 2:00 – Saturday Matinee Movie 2:00 – Zumba with Annette (A) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Coffee Milkshake Day
27. 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 – New Jersey Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mindful Nature Walk Outside 2:15 – Courtyard Cruising (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 New Jersey Day	28. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 11:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Chocolate Trivia 2:00 – Sensory Shenanigans 2:00 – Matinee Movie 2:00 – Mindful Nature Walk Outside 2:15 – Courtyard Cruising (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 Milk Chocolate Day	29. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Lasagna Trivia 2:00 – Doc: Life on Our Planet 2 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 Lasagna Day	30. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Cheesecake Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Velvet Butterflies 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cheesecake Day	31. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Avocado 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 Avocado Day		

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.