

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 B – Bistro MR – Media Room GR – Game Room L – Lobby C – Courtyard</p>	<p>Happy Father's Day</p>				<p>1. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 11:00 – What's on the Menu? 11:30 – Water Pong 12:30 – Lunch 1:30 – Nail Polish Trivia 2:00 – Documentary 2:00 – Zumba with Annette (A) 3:00 – Beautiful You 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Nail Polish Day</p>
<p>2. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Balloon Volleyball 12:30 – Lunch 1:30 – Ice Cream Trivia 2:00 – Sing-Along with Susie Q 2:00 – Beginner's Hula with Alberta (A) 3:00 – Craft: Q-Tip Painted Dragonfly 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Rocky Road Day</p>	<p>3. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Na Leo O Manu O'o (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Egg Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Egg Day</p>	<p>4. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Body & Brain Tai Chi with Karen (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Cheese Trivia 2:00 – Documentary 2:00 – Terry Brown Ukulele Music Ministry (A) 3:00 – Beautiful You 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cheese Day</p>	<p>5. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Veggie Trivia 2:00 – Movie 2:00 – Van Ride 2:00 – Performance by Roy Hamada (A) 3:30 – Craft: Beaded Wind Chimes 4:30 – Exercise 5:15 – Water & Bathroom Break National Veggie Burger Day</p>	<p>6. 8:30 – Breakfast 9:30 – What's on the Menu? 10:00 – Documentary 10:30 – Island Family Christian Church (A) 11:30 – Exercise 12:30 – Lunch 1:30 – Oklahama Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 3:00 – Mindfulness 3:30 – Shark Toss 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Oklahoma Day</p>	<p>7. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Chocolate Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 3:00 – Movie 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Chocolate Ice Cream Day</p>	<p>8. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Friendship Bracelets 12:30 – Lunch 1:30 – Words in Words Game 2:00 – Documentary 2:00 – Zumba with Annette (A) 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Best Friends Day</p>
<p>9. 8:30 – Breakfast 9:30 – Cognifit 10:00 – What's on the Menu? 10:30 – Furry Friends with Chibi & Wicket 11:00 – Exercise 11:45 – Water & Bathroom Break 12:30 – Lunch 1:30 – Donald Duck Trivia 2:00 – Sing-Along with Susie Q 2:00 – Beginner's Hula with Alberta (A) 3:00 – Donald Duck Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Donald Duck Day</p>	<p>10. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Team of Angels (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Iced Tea Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Iced Tea Day</p>	<p>11. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Kupuna Mele (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Corn Trivia 2:00 – Movie 2:00 – Meditation Yoga with Kat (A) 3:00 – Beautiful You 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Corn on the Cob Day</p>	<p>12. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Hawaiian Music w/Rickey Kamai (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Peanut Butter Trivia 2:00 – Movie 2:00 – Van Ride 2:00 – Music with Michael (A) 3:30 – Craft: Paper Hot Air Balloons 4:30 – Exercise 5:15 – Water & Bathroom Break National Peanut Butter Cookie Day</p>	<p>13. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Documentary 10:00 – LC Vocal Group (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Resident Care Aide Trivia 2:00 – Movie 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Shark Toss 4:00 – Furry Friends with Cookie 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Resident Care Aide Day</p>	<p>14. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Tissue Paper Monogram 12:30 – Lunch 1:30 – Blue Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music with Dean (A) 3:30 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Wear Blue Day</p>	<p>15. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Paradise Church Music (3rd) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Nature Trivia 2:00 – Movie 2:00 – Zumba with Annette (A) 3:00 – 7th Day Adventist Church Choir (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Nature Photography Day</p>
<p>16. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Documentary 10:00 – Non-Denominational Worship Service with Chaplain Ronald (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Father's Day Trivia 2:00 – Sing-Along with Susie Q 2:00 – Beginner's Hula with Alberta (A) 3:00 – Craft: Craft Stick Airplanes 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Father's Day</p>	<p>17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Root Beer Floats 12:30 – Lunch 1:30 – Root Beer Trivia 2:00 – Movie 2:00 – Van Ride 2:00 – Performance by Roy Hamada (A) 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Root Beer Day</p>	<p>18. 8:30 – Breakfast 9:30 – What's on the Menu? 10:00 – Sing-Along with Susie Q 10:00 – Zumba with Vanessa (A) 11:00 – Exercise 12:30 – Lunch 1:30 – Fish Trivia 2:00 – Documentary 2:00 – Courtyard Cruising (C) 3:00 – Let's Go Fishing Game 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Go Fishing Day</p>	<p>19. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Garfield Trivia 2:00 – Movie: Garfield 2:00 – Van Ride 2:00 – The Jerry and Chini Duo (A) 3:30 – Craft: Gem Snails 4:30 – Exercise 5:15 – Water & Bathroom Break National Garfield Day</p>	<p>20. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Documentary 10:00 – Senior Moments (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Vanilla Milkshake Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Shark Toss 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Vanilla Milkshake Day</p>	<p>21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Fluttering Butterfly Plates 12:30 – Lunch 1:30 – Oahu Trivia 2:00 – Sing-Along with Susie Q 2:00 – Hank the Singing Dutchman (A) 2:00 – Birthday Bash (A) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Selfie Day</p>	<p>22. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Dean (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Onion Trivia 2:00 – Documentary 2:00 – Courtyard Cruising (C) 3:00 – Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Onion Rings Day</p>
<p>23. 8:30 – Breakfast 9:30 – Cognifit 10:00 – What's on the Menu? 10:30 – Furry Friends with Chibi & Wicket 11:00 – Exercise 11:45 – Water & Bathroom Break 12:30 – Lunch 1:30 – Water Trivia 2:00 – Sing-Along with Susie Q 2:00 – Beginner's Hula with Alberta (A) 3:00 – Creative Coloring 3:30 – Furry Friends with Chako 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Hydration Day</p>	<p>24. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Body & Brain Yoga with Karen (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Pralines Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Pralines Day</p>	<p>25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Terry Brown Ukulele Music Ministry (A) 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Strawberry Trivia 2:00 – Movie 2:00 – Meditation Yoga with Kat (A) 3:00 – Strawberry Parfaits 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Strawberry Parfait Day</p>	<p>26. 8:30 – Breakfast 9:30 – What's on the Menu? 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – Ola Lahui Kupuna Workshop with Dr. Morgan: Mindfulness 12:30 – Lunch 1:30 – Coconut Trivia 2:00 – Movie 2:00 – Van Ride 2:00 – Music with Michael (A) 3:30 – Craft: Flamingos 4:30 – Exercise 5:15 – Water & Bathroom Break National Coconut Day</p>	<p>27. 8:30 – Breakfast 9:30 – Movie 9:45 – Mellow Friends (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Sunglasses Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Shark Toss 4:00 – Furry Friends with Cookie 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Sunglasses Day</p>	<p>28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Mini Bears 12:30 – Lunch 1:30 – Alaska Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Alaska Day</p>	<p>29. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Activities with Grace (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Waffle Trivia 2:00 – Movie 2:00 – Zumba with Annette (A) 3:00 – 7th Day Adventist Church Choir (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Waffle Iron Day</p>
<p>30. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Non-Denominational Worship Service with Chaplain Ronald (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – I-Spy Game 2:00 – Sing-Along with Susie Q 2:00 – Beginner's Hula with Alberta (A) 3:00 – Creative Coloring 3:30 – Furry Friends with Chako 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Social Media Day</p>						