

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			1. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Sing-Along with Susie Q 10:00 – Music with Dean (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 – 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 Nail Polish Day	2. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Ukulele Music with Terry B. (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Doughnut Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage(C) 3:00 – Guess in 10 Game 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Doughnut Day	3. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 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 – Egg Trivia 2:00 – Saturday Matinee Movie 2:00 – Zumba with Annette (A) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Egg Day
4. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi 12:30 – Lunch 1:30 – Cancer Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cancer Survivor's Day	5. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Mele Magic (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Veggies Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Veggie Burger Day	6. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – June Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lii Lii 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Drive-In Movie Day	7. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Joyful Ohana (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Chocolate Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 3:00 – Word Search 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Chocolate Ice Cream Day	8. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Karaoke Gang (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Friendship 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 Best Friends Day	9. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Movies Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage(C) 3:00 – Name That Animal Game 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Movie Night Day	10. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Pen Trivia 2:00 – Saturday Matinee Movie 2:00 – Strength and Balance Fuzion 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 Ballpoint Pen Day
11. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi 12:30 – Lunch 1:30 – King Kamehameha Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Basketball 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Kamehameha Day	12. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 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 – Roses Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Red Rose Day	13. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Garden Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lii Lii 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Weed Your Garden Day	14. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:00 – Hawaii Dance Bomb Silent Disco 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Strawberry Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:00 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Strawberry Shortcake Day	15. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Dean (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Photography 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 Photography Day	16. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Ukulele Music with Terry B. (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Blue Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Kupuna Mele (A) 3:00 – Guess in 10 Game 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Wear Blue Day	17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 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 – Root Beer Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – 7th Day Adventist Choir (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Stewart's Root Beer Day
18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi 12:30 – Lunch 1:30 – Father's Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Father's Day	19. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 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 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Garfield the Cat Day	20. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Piano Performance with Roy (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Ice Cream Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lii Lii (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Ice Cream Soda Day	21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Michael K (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Useless Facts Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Selfie Day	22. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Paranku Dance Group (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Eclair 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 Eclair Day	23. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Pink Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage(C) 3:00 – Name That Animal Game 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Pink Day	24. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Pralines Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Pralines Day
25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi 12:30 – Lunch 1:30 – Leon Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Leon Day	26. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Coconut Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Coconut Day	27. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Cake Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lii Lii (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Ice Cream Cake Day	28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 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 – Parchment Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Parchment Day	29. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Legacy Group (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Popsicle 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 Bomb Pop Day	30. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Inspirational Music with Wally(A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Social Media Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage(C) 3:00 – Guess in 10 Game 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Social Media 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.