

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Van Departures</u> Please meet in the lobby 15 minutes prior to all van departures.	KEY A – Activity Room MR – Media Room GR – Game Room FD – Front Desk S – Supervised U – Unsupervised			1. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Dean (A) 1:00 - Holoholo: Ewa Shave Ice Shop (U) 1:00 - Word Search Hour (A) 1:30 - Gorgeous Grams Nail Painting (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Nail Polish Day	2. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Ukulele Music with Terry B. (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Happy Hour at The Media (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Doughnut Day	3. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Michael (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Zumba with Annette (A) 3:00 - I Should've Known That Trivia Game (A) National Egg Day
4. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Waialua Sugar Mill (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Matinee: Manifest: S2 Ep 4 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Watercolor Art (A) National Cancer Survivor Day	5. 8:15 - Exercise (A) 9:00 - Shopping: Safeway Ewa (U) 9:05 - Exercise (MR) 10:00 - Mele Magic (A) 11:30 - Scenic: Waialua Sugar Mill (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Hanafuda (A) 3:00 - Jeopardy Game Show (MR) 3:30 - American Trivia Game (A) National Veggie Burger Day	6. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Resident Council (A) 10:20 - Nickel Bingo (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 2:30 - Tea Time Tuesday (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) National Drive-In Movie Day	7. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Joyful Ohana (A) 11:00 - Kau Kau Club: Mitsuken Okazu (S) 1:00 - Matinee Movie (MR) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary (MR) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Chocolate Ice Cream Day	8. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 9:30 - Karaoke Gang (A) 1:00 - Holoholo: Napoleon's Bakery (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Best Friends Day	9. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Bingo (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Happy Hour at The Media (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Movie Night Day	10. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Strength and Balance Fuzion Fitness with Daniel (A) 3:00 - Hangman Word Game (A) National Ball Point Pen Day
11. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Diamond Head Lookout (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Matinee: Manifest: S2 Ep 5 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Watercolor Art (A) Kamehameha Day	12. 8:15 - Exercise (MR) 9:00 - Shopping: Home Depot Kapolei (U) 9:05 - Exercise (MR) 10:00 - Crafting with Linda (A) 11:30 - Scenic: Diamond Head Lookout (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Hanafuda (A) 3:00 - Jeopardy Game Show (MR) 3:30 - Guess in 10 Brain Game (A) National Red Rose Day	13. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:30 - Tea Time Tuesday (A) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Old Wives Takes Trivia Game (A) National Weed Your Garden Day	14. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Hawaii Dance Bomb Silent Disco (A) 11:00 - Bento: Ala Moana Beach Park (S) 1:00 - Matinee Movie (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Arts & Crafts (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Strawberry Shortcake Day	15. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Dean (A) 12:45 - Holoholo: Cupcake & Things (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Photography Day	16. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Ukulele Music with Terry B. (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Kupuna Mele (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Bingo (A) National Wear Blue Day	17. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Michael (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Fuzion Fitness Seated Zumba (MR) 2:00 - I Should've Known That Trivia Game (A) 3:00 - 7th Day Adventist Choir (A) International Stewart's Root Beer Day
18. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Kaneohe Bay (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Matinee: Manifest: S2 Ep 6 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Watercolor Art (A) Father's Day	19. 8:15 - Exercise (A) 9:00 - Shopping: Times Kunia (U) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:30 - Scenic: Kaneohe Bay (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Hanafuda (A) 3:00 - Jeopardy Game Show (MR) 3:30 - Guess in 10 Game (A) National Garfield the Cat Day	20. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Piano Performance with Roy (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 2:30 - Tea Time Tuesday (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) National Ice Cream Soda Day	21. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Michael K (A) 11:00 - Kau Kau Club: Windward Mall Food Court (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Arts & Crafts (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Selfie Day	22. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Paranku Group (A) 12:45 - Holoholo: See's Candy Kahala (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Chocolate Eclair Day	23. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Bingo (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Happy Hour at The Media (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Pink Day	24. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Game: Suspend (A) 2:00 - Gorgeous Grams Nail Painting (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - Hangman Word Game (A) National Pralines Day
25. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Nanakuli Valley (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Matinee: Manifest: S2 Ep 7 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Watercolor Art (A) National Leon Day	26. 8:15 - Exercise (A) 9:00 - Shopping: City Mill Ewa (U) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:30 - Scenic: Nanakuli Valley (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Hanafuda (A) 3:00 - Jeopardy Game Show (MR) 3:30 - American Trivia Game (A) National Coconut Day	27. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 2:30 - Tea Time Tuesday (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) National Ice Cream Cake Day	28. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Hank the Singing Dutchman (A) 11:00 - Kau Kau Club: Jolene's Ewa (S) 1:00 - Matinee Movie (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Arts & Crafts (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Parchment Day	29. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Legacy Group (A) 12:45 - Sweet Treats by Kris Pearlridge (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Bomb Pop Day	30. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Inspirational Music with Wally (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Happy Hour at The Media (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) 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.