

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Van Departures</u> Please meet in the lobby 15 minutes prior to all van departures.	<u>KEY</u> A – Activity Room C – Courtyard L – Lobby O – Outside					1. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Name 5 Trivia Game 12:30 – Lunch 1:30 – Cinnamon Trivia 2:00 – Saturday Matinee Movie 2:00 – Zumba with Annette (A) 3:00 – Hangman Word Game 3:30 – Swatter Balloon Volleyball 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cinnamon Day
2. 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 – Egg Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mele in the Courtyard (C) 2:00 – 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 Deviled Egg Day	3. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Picasso Painters 12:30 – Lunch 1:30 – Sandwich Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Sandwich Day	4. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Candy Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music Moves Me 3:00 – Tea Time in the Courtyard (C) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Candy Day	5. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Donut Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:15 – Craft: Turkey Door Handle Decor 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Donut Day	6. 8:30 – Breakfast 9:30 – Cognifit 9:30 – The Rat Pack Concert 9:30 – Karaoke Gang (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Saxophone Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:30 – Gorgeous Grams Nail Painting 3:30 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Saxophone Day	7. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Music with Michael (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 1:00 – What's on the Menu? 12:30 – Lunch 1:30 – Jersey Trivia 2:00 – Englebert Humperdinck Sing-Along 3:00 – Word Search Hour 3:30 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Jersey Friday	8. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Activities with Grace & Friends (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Cappuccino 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 Cappuccino Day
9. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Music with Dean (A) 11:00 – Halia Resistance Training 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Louisiana Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mele in the Courtyard (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 Louisiana Day	10. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Don Ho Concert 10:00 – Crafting with Linda (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Vanilla Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Vanilla Cupcake Day	11. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – Hawaii Dance Bomb Silent Disco 12:30 – Lunch 1:30 – Veteran's Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music Moves Me 3:00 – Tea Time in the Courtyard (C) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Veteran's Day	12. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Pizza Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:15 – Craft: Thankful Turkeys 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Pizza Day	13. 8:30 – Breakfast 9:30 – Cognifit 9:30 – The Rat Pack Concert 10:00 – Legacy Group (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Pudding 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 Indian Pudding Day	14. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Pajamas Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mindful Nature Walk (O) 2:30 – Popsicles in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Family PJ Day	15. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Zumba with Annette (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Cake Trivia 2:00 – Saturday Movie Matinee 2:00 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – 7th Day Adventist Choir (A) 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Bundt Cake 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
16. 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 – Button Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mele in the Courtyard (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Basket Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner National Button Day	17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Don Ho Concert 10:00 – Body & Brain Tai Chi w/Karen (A) 10:00 – Exercise 11:45 – Water & Bathroom Break 11:00 – What's on the Menu? 12:30 – Lunch 1:30 – Hike Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner National Take A Hike Day	18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Music with Glenna (A) 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 12:30 – Lunch 1:30 – Mickey Mouse Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music Moves Me 3:00 – Tea Time in the Courtyard (C) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Mickey Mouse Day	19. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Music with Mike Kahue (A) 10:00 – Birthday Bash (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Beverages Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:15 – Craft: Turkey Masks 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Carbonated Beverage Day	20. 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert 10:00 – Mellow Friends Karaoke Group (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Peanut Butter 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 Peanut Butter Fudge Day	21. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Stuffing Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mindful Nature Walk (O) 2:30 – Popsicles in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner National Stuffing Day	22. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Cranberry Trivia 2:00 – Saturday Movie Matinee 2:00 – PCHS HOSA Club Activities (A) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cranberry Day	
23. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Music with Dean (A) 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – Espresso Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mele in the Courtyard (C) 2:00 – 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 Espresso Day	24. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Talent Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner National Unique Talent Day	25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Music with Pono (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Parfait Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music Moves Me 3:00 – Tea Time in the Courtyard (C) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Parfait Day	26. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Hank the Singing Dutchman (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Jukebox Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:15 – Craft: Fall Wood Painting 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Jukebox Day	27. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Thanksgiving Bingo 12:30 – Lunch 1:30 – Thanksgiving Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:30 – Gorgeous Grams Nail Painting 3:30 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Thanksgiving	28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Inspirational Music with Wally A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Black Friday Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mindful Nature Walk (O) 2:30 – Popsicles in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner Black Friday	29. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Name 5 Trivia Game 12:30 – Lunch 1:30 – Chocolate Trivia 2:00 – Saturday Movie Matinee 2:00 – Mele in the Courtyard (C) 2:30 – 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 Chocolate Day	
30. 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 1:30 – Mississippi Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mele in the Courtyard (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 Mississippi Day							

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