



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 O – Outside		1. 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 – Cookies Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Hanging Bat 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Homemade Cookies Day	2. 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 – Music Moves Me 12:30 – Lunch 1:30 – Candy 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 Smarties 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 – Tech Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mele in the Courtyard (C) 2:30 – Popsicles 3:00 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Techie Day	4. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – PCT Annual Resident Ms. Pearl City Pageant (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Golf 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 Golf Lovers Day
5. 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 – October 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 Do Something Nice Day	6. 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 – Noodle 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 Noodle Day	7. 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? 12:30 – Lunch 1:30 – Coffee Trivia 2:00 – Doc: Life on Our Planet S2 Ep 7 3:00 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Frappe Day	8. 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 – Hero Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Pumpkin Painting 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Hero Day	9. 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 – Cheese 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 Cheese Day	10. 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 – Cake Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mele in the Courtyard (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 Angel Food Cake Day	11. 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 – Pizza 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 Sausage Pizza Day
12. 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 – Vermont Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mele in the Courtyard (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Target Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Vermont Day	13. 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 – Columbus Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk Outside 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 Columbus Day	14. 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 – Dessert Trivia 2:00 – Doc: Life on Our Planet S2 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 Dessert Day	15. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Music Performance w/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 – Fossil Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Pearl City Public Library Craft Outreach with Gail (A) 3:00 – Music Moves Me 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Fossil Day	16. 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 – Sports 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 Sports Day	17. 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 – Pasta Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mele in the Courtyard (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 Pasta Day	18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Zumba with Annette (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Cupcake Trivia 2:00 – Saturday Movie Matinee 2:00 – Mele in the Courtyard (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 Chocolate Cupcake Day
19. 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 – Kentucky 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 Kentucky Day	20. 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 – Chicken 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 Chicken & Waffles Day	21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Suzie Q 10:00 – Music with Glenna (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:30 – Lunch 1:30 – Apple Trivia 2:00 – Doc: Life on Our Planet S2 Ep 9 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 Apple 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 – Color Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Halloween Foam Characters 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Color Day	23. 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert 10:00 – Na Wahine O Ka Hula (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Halloween Movies 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 Horror Movie Day	24. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Music with Dave (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Food Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mele in the Courtyard (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 Food Day	25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – PCHS Spanish Club Activities (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Ghost Trivia 2:00 – Saturday Matinee Movie 2:00 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Spider Oreos (A) 3:30 – Swatter Balloon Volleyball 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Trick or Treat Day
26. 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 – Pumpkin Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mindful Nature Walk Outside 2:15 – Mele in the Courtyard (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 Pumpkin Day	27. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Na Leo O Manu O'O (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Cat 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 – Craft: Black Cat Art 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Black Cat Day	28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Suzie Q 10:00 – Music with Pono (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:30 – Lunch 1:30 – Chocolate Trivia 2:00 – Doc: Life on Our Planet S2 Ep 10 2:00 – Seated Tai Chi with Glenn (A) 3:00 – Jack-O-Lantern Mocktail in the Courtyard (C) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Chocolate Day	29. 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 – Oatmeal Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Craft: Cotton Ball Ghost 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Oatmeal Day	30. 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 – Music Moves Me 12:30 – Lunch 1:30 – Candy Corn Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Halloween Dirt Cups 3:30 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Candy Corn Day	31. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Inspirational Music w/ Wally (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Halloween Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mele in the Courtyard (C) 2:30 – Popsicles in the Courtyard (C) 3:00 – Halloween Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Halloween	

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.