

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Van Departures</p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY</p> <p>C – Courtyard A – Activity Room</p>	 <p>joyful moments</p> <p>NATIONAL ASSISTED LIVING WEEK • SEPTEMBER 11-17, 2022</p>	 <p><i>Happy Grandparents Day</i></p>	<p>1.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Ukulele Music w/ Terry Brown (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Chicken Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 3:00 – Beautiful You 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Chicken Boy's Day</p>	<p>2.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Mele O Kupuna (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – College 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</p> <p>National College Colors Day</p>	<p>3.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Blackjack 12:30 – Lunch 1:30 – Tailgating Trivia 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 2:00 – Saturday Matinee Movie 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Tailgating Day</p>
<p>4.</p> <p>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 – Wildlife 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</p> <p>National Wildlife Day</p>	<p>5.</p> <p>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 – Labor Day 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</p> <p>National Labor Day</p>	<p>6.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 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 – Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Coffee Ice Cream Day</p>	<p>7.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Hank the Singing Dutchman (C) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Beer 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</p> <p>National Beer Lovers Day</p>	<p>8.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Movie 10:00 – Music with Michael (C) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – School Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 3:00 – Beautiful You 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National School Picture Day</p>	<p>9.</p> <p>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 – Teddy Bear 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</p> <p>National Teddy Bear Day</p>	<p>10.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Blackjack 12:30 – Lunch 1:30 – Useless Facts Trivia 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 2:00 – Saturday Matinee Movie 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Swap Ideas Day</p>
<p>11.</p> <p>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 – Grandparents 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</p> <p>National Grandparents Day</p>	<p>12.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Mele O Kupuna (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Pajamas 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</p> <p>Pajama Dress Up Day</p>	<p>13.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Tourist 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 – Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>Tacky Tourist Dress Up Day</p>	<p>14.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Na Pumehana O Kealoha (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Sports 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</p> <p>Sports Jersey Dress Up Day</p>	<p>15.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Ukulele Music w/ Terry Brown (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Decades Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Beautiful You 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>Throwback Thursday Dress Up Day</p>	<p>16.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Mele O Kupuna (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Purple 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</p> <p>Purple Dress Up Day</p>	<p>17.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 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 – Dance Trivia 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 2:00 – Saturday Movie Matinee 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Dance Day</p>
<p>18.</p> <p>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 – Cheeseburger Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (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</p> <p>National Cheeseburger Day</p>	<p>19.</p> <p>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 – Pirate 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</p> <p>National Talk Like A Pirate Day</p>	<p>20.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Englebert Humperdinck Sing-Along 10:00 – Piano Performance with Roy (A) 11:00 – Exercise 11:45 – Bathroom & Water Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Rice 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 – Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Fried Rice Day</p>	<p>21.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Michael K (C) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Chai 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</p> <p>National Chai Day</p>	<p>22.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Movie 10:00 – Senior Moments (C) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Centenarian Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Beautiful You 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Centenarian's Day</p>	<p>26.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Movie 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 – Snacks 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</p> <p>National Snack Sticks Day</p>	<p>27.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Blackjack 12:30 – Lunch 1:30 – Cherry Trivia 2:00 – Courtyard Cruising (C) 2:00 – Cherries Jubilee Tasting (C) 2:00 – Saturday Movie Matinee 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Cherries Jubilee Day</p>
<p>25.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Pet Therapy with Chibi 12:30 – Lunch 1:30 – Quesadilla Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:15 – Aromatherapy Hand Massage (C) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Quesadilla Day</p>	<p>26.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Na Leo O Manu O'o (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Dumpling Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Courtyard Cruising (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Dumpling Day</p>	<p>27.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations 12:30 – Lunch 1:30 – Corned Beef 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 – Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Corned Beef Hash Day</p>	<p>28.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Hank the Singing Dutchman (C) 11:00 – Exercise 11:45 – Water & Bathroom Break 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 3:30 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Strawberry Cream Pie Day</p>	<p>29.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Movie 10:00 – Music with Michael (C) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Coffee Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Beautiful You 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner</p> <p>National Coffee Day</p>	<p>30.</p> <p>8:30 – Breakfast 9:30 – Cognifit 10:00 – Movie 10:00 – Inspirational Music with Wally (C) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Orange 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</p> <p>National Orange Shirt Day</p>	 <p>Happy LABOR DAY</p>

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.