

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 NATIONAL ASSISTED LIVING WEEK* • SEP 7-15, 2025	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 – Labor Day 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 Labor 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 – Collage Creations 12:30 – Lunch 1:30 – Blueberry Trivia 2:00 – Doc: Life on Our Planet S2 Ep 2 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 Blueberry Popsicle 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 – Bingo 12:30 – Lunch 1:30 – Bowling Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Paper Sunflower Bouquet 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National U.S. Bowling League 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 – Music Moves Me 12:30 – Lunch 1:30 – Wildlife 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 Wildlife 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 – Picasso Painters 12:30 – Lunch 1:30 – Humming Bird Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Pet Therapy in the Courtyard with Zodiac 2:30 – Popsicles 3:00 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Humming Bird Day	6. 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 – Ice Cream 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 Coffee Ice Cream Day
7. 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 – Western 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 Western Dress Up Day	8. 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 – Hat 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 Hat Dress Up Day	9. 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 – Sports Trivia 2:00 – Doc: Life on Our Planet S2 Ep 3 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 Sports Dress Up Day	10. 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 – Assisted Living Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Autumn Owl Ornaments 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Wacky Wednesday Dress Up Day	11. 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 – Pajama 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 Pajama Dress Up Day	12. 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 – Disney Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Pet Therapy in the Courtyard with Zodiac (C) 2:30 – Popsicles in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Disney Dress Up Day	13. 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 – Decades 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 Decades Dress Up Day
14. 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 – Virginia 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 Virginia Day	15. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Alea United Methodist Church Hula Ministry (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Mint 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 3:30 – Swatter Balloon Volleyball 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner National Crème De Menthe Day	16. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – Music with Kauai (A) 12:30 – Lunch 1:30 – Mayflower Trivia 2:00 – Doc: Life on Our Planet S2 Ep 4 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 Mayflower Day	17. 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 – Apple Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 2:30 – Aromatherapy Hand Massage (C) 3:00 – Craft: Fall Leaf Suncatcher 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Apple Dumpling Day	18. 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 – Cheeseburger 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 Cheeseburger Day	19. 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 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Pirate Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Pet Therapy in the Courtyard with Zodiac (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 Talk Like A Pirate Day	20. 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 – Pizza 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 Pepperoni Pizza Day
21. 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 – Chai 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 Chai Day	22. 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 – Centenarian 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 Centenarian's Day	23. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – Music with Pono (A) 12:30 – Lunch 1:30 – Checkers Trivia 2:00 – Doc: Life on Our Planet S2 Ep 5 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 Checkers Day	24. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Hauoli Ohana (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Cherries Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:00 – Craft: Velvet Animal Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cherries Jubilee Day	25. 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 – One-Hit Wonders 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 One-Hit Wonder Day	26. 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 – Pancake Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Pet Therapy in the Courtyard with Zodiac (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 Pancake Day	27. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como 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 – Ghost Trivia 2:00 – Saturday Matinee Movie 2:00 – PCHS Spanish Club Activities (A) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Ghost Hunting Day
28. 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 – Strawberry 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 Strawberry Cream Pie Day	29. 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 – Coffee 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 Coffee 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 – Music with Pono (A) 12:30 – Lunch 1:30 – Orange Trivia 2:00 – Doc: Life on Our Planet S2 Ep 6 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 Orange Shirt Day			Van Departures Please meet in the lobby 15 minutes prior to all van departures.	KEY C – Courtyard A – Activity Room L – Lobby O – Outside

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.