


January 2024  
Halia Calendar

created with 

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		<div><div>HAPPY NEW YEAR!</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>10:00 🧶 Crafts</div><div>10:15 🐾 Pet Visits</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Sherry Zak Chair Yoga</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Cream Puff Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks / New Year Craft</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Sherry Zak Chair Yoga</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Drinking Straw Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>9:30 🚲 Scenic Ride</div><div>10:00 🍷 Noodle Hockey</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 🎮 Bingo</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Trivia Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>10:00 🧩 Group Activity: Puzzles, Word Search</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>2:30 🎵 Coffee and Me Performance</div><div>2:45 🦋 Best Friend Hour</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Whipped Cream Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>2:45 🦋 Best Friend Hour</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Bean Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>9:30 🚲 Scenic Ride</div><div>10:00 🧩 Group Activity: Painting, Brain Games</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>1:45 🐾 Fabulous Nails &amp; Social Circle</div><div>2:45 🦋 Best Friend Hour</div><div>3:30 🚶 Afternoon Strolls</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>	
<div><div>National Tempura Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks/ Yr. of The Dragon Arts</div><div>10:30 📺 Live Stream: New Hope Video Service (Media Room)</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 🧶 Music Therapy</div><div>1:30 🚲 Scenic Ride</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div></div>		<div><div>National Argyle Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks / Yr of The Dragon Arts</div><div>10:00 🧶 Crafts</div><div>10:15 🐾 Pet Visits</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Sherry Zak Chair Yoga</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>Law Enforcement Appreciation Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks / Yr of The Dragon Arts</div><div>10:30 🎵 Jon Koki Musical Performance</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Sherry Zak Chair Yoga</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>Houseplant Appreciation Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>9:30 🚲 Scenic Ride</div><div>10:00 ❤️ Balloon Volleyball</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 🎮 Bingo</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Milk Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>10:00 🧩 Group Activity: Puzzles, Word Search</div><div>10:15 🧶 Music and Movement with Joslyn</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>2:45 🦋 Best Friend Hour</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Hot Tea Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>2:45 🦋 Best Friend Hour</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Rubber Duckie Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>9:30 🚲 Scenic Ride</div><div>10:00 🧩 Group Activity: Painting, Brain Games</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station / Rubber Duckie Craft</div><div>2:45 🦋 Best Friend Hour</div><div>3:30 🚶 Afternoon Strolls</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>	
<div><div>National Hot Pastrami Sandwich Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks/ Thought Bubble Brain Game</div><div>10:30 📺 Live Stream: New Hope Video Service (Media Room)</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 🧶 Music Therapy</div><div>1:30 🚲 Scenic Ride</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>1:45 🎵 Musical Movie</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div></div>		<div><div>Martin Luther King, Jr. Day</div><div>National Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks/ Thought Bubble Brain Game</div><div>10:00 🧶 Crafts / "I have a dream..."</div><div>10:15 🐾 Pet Visits</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Sherry Zak Chair Yoga</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Fig Newton Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Sherry Zak Chair Yoga</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>Betty White Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>9:30 🚲 Scenic Ride</div><div>10:00 ❤️ Balloon Volleyball</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 🎮 Bingo</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station / Golden Girls</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Winne The Pooh Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks/ Pooh Craft Dragon</div><div>10:00 🧩 Group Activity: Puzzles, Word Search</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>2:45 🦋 Best Friend Hour</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Popcorn Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>10:15 🎵 Musical Performance: Hank The Singing Dutchman</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>2:45 🦋 Best Friend Hour</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Disc Jockey Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>9:30 🚲 Scenic Ride</div><div>10:00 🧩 Group Activity: Painting, Brain Games</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>1:45 🐾 Fabulous Nails &amp; Social Circle</div><div>2:45 🦋 Best Friend Hour</div><div>3:30 🚶 Afternoon Strolls</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>	
<div><div>National Granola Bar Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>10:30 📺 Live Stream: New Hope Video Service (Media Room)</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 🧶 Music Therapy</div><div>1:30 🚲 Scenic Ride</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div></div>		<div><div>National Hot Sauce Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>10:00 🧶 Crafts</div><div>10:15 🐾 Pet Visits</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Sherry Zak Chair Yoga</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Pie Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>10:15 🎵 Musical Performance: Roy Hamada</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Sherry Zak Chair Yoga</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station / Pie in Face</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Compliment Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>9:30 🚲 Scenic Ride</div><div>10:00 ❤️ Balloon Volleyball</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 🎮 Bingo</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div><div>6:30 🎵 Anchor's Church Kanakapila</div></div>		<div><div>National Opposite Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>10:00 🧩 Group Activity: Puzzles, Word Search</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>2:45 🦋 Best Friend Hour</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div><div>6:30 🧑 Alzheimer Caregiver Support Group</div></div>		<div><div>National Peanut Brittle Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>10:15 🎵 Musical Performance: Dean Hirata</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>2:45 🦋 Best Friend Hour</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Chocolate Cake Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>9:30 🚲 Scenic Ride</div><div>10:00 🧩 Group Activity: Painting, Brain Games</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Plaza Exercise</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>2:45 🦋 Best Friend Hour</div><div>3:30 🚶 Afternoon Strolls</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>	
<div><div>National Lego Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks / Building with Lego's</div><div>10:30 📺 Live Stream: New Hope Video Service (Media Room)</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 🧶 Music Therapy</div><div>1:30 🚲 Scenic Ride</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>1:45 🎵 Musical Movie</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div></div>		<div><div>National Puzzle Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>10:00 🧶 Crafts - Dragon Puzzle</div><div>10:15 🐾 Pet Visits</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Sherry Zak Chair Yoga</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Croissant Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 ❤️ Sherry Zak Chair Yoga</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station -</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>National Inspire your Heart with Art Day</div><div>7:30 🍴 Breakfast</div><div>9:00 ❤️ Morning Exercise / Talk Story</div><div>9:30 🚶 Morning Guided Walks</div><div>9:30 🚲 Scenic Ride</div><div>10:00 ❤️ Balloon Volleyball</div><div>11:15 🍽️ Prepare for Lunch</div><div>11:30 🍴 Lunch</div><div>1:00 🎮 Bingo</div><div>1:30 🚽 Water &amp; Bathroom Break</div><div>1:45 🦋 Butterfly Station</div><div>4:00 🍽️ Water &amp; Bathroom Break</div><div>4:30 🍴 Dinner</div><div>5:30 🌟 Evening Cool Down</div></div>		<div><div>Blessings to our Lamaku families and friends for a joyous Holiday Season.</div></div>			<div><div>Activities are subject to change.</div></div>		