


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>June cont'd 30</p> <p>National Social Media</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 9:45 Tea Time in the Bistro 10:00 Household Chores 11:00 LUNCH 12:45 Sightseeing: Palolo 2:00 Art: Therapeutic Coloring 3:00 Afternoon Stretch 3:00 Hana the Dog Visit 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p></p>	<p> Health & Fitness Shuttle Special Event</p>	<p>Location Keys Activity Room A Theater T</p>				<p>National Nail Polish Day 1</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:30 Royal Hawaiian Glee Club [A] 10:30 Morning Exercise 11:00 LUNCH 12:30 Tea Time in the Bistro 1:00 Trivia, Trivia, Trivia 2:00 Handwriting Practice 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Rocky Road Ice Cream Day 2</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 9:45 Tea Time in the Bistro 10:00 Non-Denominational Service with Brother David [T] 10:00 Watercolors and Jazz Music 10:45 Spelling Bee 11:00 LUNCH 12:45 Sightseeing: Manoa 2:00 Puzzling Puzzles 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Egg Day 3</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 9:45 Coffee or Tea at the Bistro 10:15 Bingo 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:15 Sing-Along 2:00 Craft: RCA Card of Appreciation 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Cheese Day 4</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Patriotic Sing-Along with McCollum Entertainment [A] 10:45 Math Problems and Trivia 11:00 LUNCH 12:30 Tai Chi or Qi Gong 1:00 Blue the Dog Visit on the Terrace 1:30 Parachute and Ring Toss 2:00 A-Z Words Animals 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Veggie Burger Day 5</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Craft: Build a Flower [T] 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:00 Hanafuda & Blackjack 2:00 Bean Bag Toss and Bowling 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Oklahoma Day 6</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Documentary: "Baby Animals Ep. 1" [T] 10:45 Math Problems and Trivia 11:00 LUNCH 12:30 Seated Chair Yoga 1:15 Fruit Smoothies and Talk Story 2:00 Brain Quest Workbook 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Chocolate Ice Cream Day 7</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Island Prayz Band [A] 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:30 Mellow Friends [A] 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Best Friends' Day 8</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Bingo 10:45 Math Problems and Trivia 11:00 LUNCH 12:30 Tea Time in the Bistro 1:00 Art: Therapeutic Coloring with Classical Music 2:00 Handwriting Practice 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	
<p>National Donald Duck Day 9</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 9:45 Tea Time in the Bistro 10:15 Sing-Along 11:00 LUNCH 12:45 Sightseeing: Alewa Heights 2:00 Bowling Match and Mini Golf 3:00 Afternoon Stretch 3:00 Hana the Dog Visit 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Ice Tea Day 10</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 9:45 Coffee or Tea at the Bistro 10:15 Bingo 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:15 Sing-Along 2:00 Sensory Time with Karen 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Kamehameha Day 11</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Documentary: "Our Planet Ep. 2" [T] 10:45 Finish That Line! 10:45 Math Problems and Trivia 11:00 LUNCH 1:15 Kickball 2:00 A-Z Words Countries and Cities 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Peanut Butter Cookie Day 12</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Crafts with Gaye 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:00 Balloon Volleyball 2:00 Jenga and Board Games 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National RCA Day 13</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Catholic Service with St. Augustine Church by the Sea [T] 10:00 Craft: Beading Cereal 10:45 Math Problems and Trivia 11:00 LUNCH 12:30 Chair Tai Chi 1:30 Hank the Singing Dutchman [A] 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Wear Blue Day 14</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:15 Bingo 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring 2:00 Music with Dean Hirata [A] 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Nature Photography Day 15</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Sing-Along 10:45 Math Problems and Trivia 11:00 LUNCH 12:30 Tea Time in the Bistro 1:00 Trivia, Trivia, Trivia 2:00 Script Writing 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	
<p>Father's Day 16</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 9:45 Tea Time in the Bistro 10:00 Watercolors and Jazz Music 11:00 LUNCH 12:45 Sightseeing: Aiea 2:00 Puzzling Puzzles 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Root Beer Day 17</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 9:45 Coffee or Tea at the Bistro 10:15 Bingo 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:15 Sing-Along 2:00 Sensory Time with Karen 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Go Fishing Day 18</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:30 Paint For Your Soul 9:45 Morning Exercise 10:00 Documentary: "Our Planet Ep. 3" [T] 10:45 Math Problems and Trivia 11:00 LUNCH 1:00 Blue the Dog Visit on the Terrace 1:30 Parachute and Ring Toss 2:00 A-Z Words Animals 2:00 Chair Movement 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Garfield Day 19</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Craft: Paper Mache 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:00 Hanafuda & Blackjack 2:00 Bean Bag Toss and Bowling 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Vanilla Milkshake Day 20</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Sing-Along 10:45 Math Problems and Trivia 11:00 LUNCH 12:30 Chair Tai Chi 1:15 Fruit Smoothies and Talk Story 2:00 Brain Quest Workbook 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Citrus Colors 21</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Buddhist Service with Moilili Hongwanji [T] 10:15 Bingo 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring 2:00 Foodie Fridays: Chips and Dip 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Onion Ring Day 22</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:45 Math Problems and Trivia 11:00 LUNCH 12:30 Tea Time in the Bistro 1:00 Name That Landmark 2:00 Handwriting Practice 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	
<p>National Hydration Day 23</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 9:45 Tea Time in the Bistro 10:15 Sing-Along 11:00 LUNCH 12:45 Sightseeing: Kalihi 2:00 Bowling Match and Mini Golf 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Praines Day 24</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 9:45 Coffee or Tea at the Bistro 10:15 Bingo 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:15 Sing-Along 2:00 Sensory Time 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Strawberry Parfait Day 25</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Documentary: "Our Planet Ep. 4" [T] 10:45 Math Problems and Trivia 11:00 LUNCH 1:15 Kickball 2:00 A-Z Workbook Handwriting 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Coconut Day 26</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Crafts with Gaye 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:00 Balloon Volleyball 2:00 Jenga and Board Games 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Sunglasses Day 27</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Craft: Bag Tag 10:45 Math Problems and Trivia 11:00 LUNCH 12:30 Chair Tai Chi 1:00 Craft: Magazine Scrapbooking 2:30 Brain Quest Workbook 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Alaska Day 28</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:15 Bingo 10:45 Spelling Bee 11:00 LUNCH 12:30 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring 2:00 Foody Fridays: Milk and Cookies 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Waffle Iron Day 29</p> <p>7:00 BREAKFAST 8:15 Current Events and Morning Relaxation 8:45 Morning Stroll 9:15 Morning Exercise 10:00 Music with Dean Hirata [A] 10:45 Math Problems and Trivia 11:00 LUNCH 12:30 Tea Time in the Bistro 1:00 Trivia, Trivia, Trivia 2:00 Handwriting Practice 3:00 Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	

Continued at top