


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Health & Fitness Shuttle Special Event</p>			<p>National Peanut Butter Lover's Day 1</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 How Many Words Can You Make with Peanut Butter? [A] 9:45 Sightseeing: Pearlridge 10:00 New Hope Church Service [T] 10:00 Newsletter Writing [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Ring Toss to Jazz Music [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Banana Cream Pie Day 2</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Simple Mathematics and Spelling Bee [A] 10:00 Buddhist Service with Moiliili Hongwanji [T] 10:00 Music with Legacy [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Pink 3 Happy Girl's Day (Hinamasturi)</p> <p>7:00 BREAKFAST 8:00 Girl's Day Meet and Greet 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Music with Dean Hirata [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Cultural Presentation on Hinamasturi [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Marching Music Day 4</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Drums Alive! [A] 11:00 LUNCH 12:30 Tea Time [A] 12:45 Sightseeing: Maunaloa Bay 1:00 Lacing Cards and Sorting Cards [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Cheese Doodle Day 5</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "C" [A] 10:00 Painting Activity with Kari [A] 11:00 LUNCH 12:45 Sightseeing: Keehi Lagoon Park 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Hula with Kumu Sallie [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Black or White 6 National Oreo Cookie Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Finish That Line! [A] 10:00 Magic Ink (Group Creative Writing) Spring is in the Air [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Baking: Oreo Chocolate Chip Cookies [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Flapjack Day 7</p> <p>1:00 New Event Name 7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Magic Penny" [A] 9:30 Mini Pulelehua Stations [A] 10:00 Pet Therapy with Noah (Pup of Kai'a the Goldendoodle) [A] 11:00 LUNCH 12:00 Medical Transportation 1:00 Hall's Best Friend of the Month: Baby Shower games [A] 2:00 Sensory Stroll Outdoors [HT] 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National International Women's Day 8</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Name That Tune! [A] 10:00 New Hope Church Service [T] 10:15 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Ladder Ball [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Meatball Day 9</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Simple Mathematics and Spelling Bee [A] 10:00 Blackjack or other Table Games [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirt 10 National Blueberry Popover Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 New Event Name 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Baking Demo: Blueberry Muffins [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Johnny Appleseed Day 11</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Game: Apple Jenga [A] 11:00 LUNCH 12:30 Tea Time [A] 12:45 Sightseeing: Aloha Stadium 1:00 Lacing Cards, Sorting Cards or Jigsaw Puzzles [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Plant a Flower Day 12</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "F" [A] 10:00 Catholic Service with St. Augustine Church by the Sea [T] 10:00 Craft: Tissue Paper Spring Flowers [A] 11:00 LUNCH 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Bling! Shiny or Sparkly 13 National Jewel Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Hangman: Things That Are Shiny or Sparkly [A] 10:00 Mini Pulelehua Stations 10:00 Music with Roy Hamada [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Guided Imagery [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Learn About Butterflies Day 14</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Danny Boy" [A] 10:00 Hall's Best Friend of the Month: Cooking Spaghetti Italiano! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Boxing (DVD) [A] 1:00 Craft: Beaded Bracelets [A] 2:00 Sensory Stroll Outdoors [HT] 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Kansas Day 15</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 New Event Name 9:45 Sightseeing: Salt Lake 10:00 New Hope Church Service [T] 10:00 Table Games [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Armchair Travel to Kansas [A] 2:00 Balloon Volleyball with Frank Sinatra Tunes [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Panda Day 16</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- 10:00 Craft: Panda-monium [A] 10:00 Pet Therapy with Wes Koga [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Green 17 National St. Patrick's Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Music with Mele Magic (Bill Melemai) [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 St. Patrick's Day Pictionary or Charades [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Corn Dog Day 18</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Craft: Rock Painting [A] 11:00 LUNCH 12:30 Tea Time [A] 12:45 Sightseeing: Alewa Heights 1:00 Lacing Cards and Sorting Cards [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Let's Laugh Day 19</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "F" [A] 10:00 Celebrating Funny Selfies with Snapchat! [A] 11:00 LUNCH 12:45 Sightseeing: Lagoon Drive Airport 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Hula with Kumu Sallie [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirt 20 National Spring Begins Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Hangman: All Things That Are Spring [A] 10:00 Music with Hank the Singing Dutchman [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Tactile Balloons [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Fragrance Day 21</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Haru Ga Kita" (Spring Has Come) [A] 10:00 Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Hall's Best Friend of the Month: Japanese Craft and Dark Chocolate Snack [A] 2:00 Sensory Stroll Outdoors [HT] 2:30 Hydration Time with Infused Water [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Superhero 22 National Goof Off Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Newsletter Contributions and Discussion [A] 10:00 New Hope Church Service [T] 10:15 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Parachute [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Puppy Day 23</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Types of Dogs [A] 10:00 Cooking: Puppy Chow Chex Mix [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Cocktail Day 24</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Craft: Hyacinth Flowers [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Mocktail Hour [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Medal of Honor Day 25</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Spring Olympics and Medals [A] 11:00 LUNCH 12:30 Tea Time [A] 12:45 Sightseeing: Manoa Valley 1:00 Lacing Cards and Sorting Cards [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Spinach Day 26</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "S" [A] 10:00 Beautiful You, Including Nail Painting [A] 11:00 LUNCH 1:00 Chair Yoga with Sherry Zak Morris [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Joe Day 27</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Everyday Greetings in Different Languages [A] 10:00 Sing-a-long with Sandy and Gordon [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Guess The Sound Game (YT) [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Disney Day 28 National Something on a Stick Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Hawaii Trivia [A] 9:30 Hall's Best Friend of the Month: Window Shopping at Kahala Mall 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Bean Bag Toss to Elvis Tunes [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Nevada Day 29</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Hawaii Trivia [A] 9:45 Hall's Best Friend of the Month: Window Shopping at Kahala Mall 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Bingo [A] 2:00 Bean Bag Toss to Elvis Tunes [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirt 30 National Virtual Vacation Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Favorite Travel Destinations [A] 10:00 Armchair Travel to Kauai [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Crayon Day 31</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Crayon Craft [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 SWAT Balloon Volleyball [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Location Keys</p> <p>Activity Room A Hoku Terrace HT Theater T</p>