

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Van Departures</b></p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p><b>KEY</b></p> <p>A – Activity Room C – Courtyard L – Lobby</p>					<p>1. <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – Citrus Trivia 2:00 – Saturday Matinee Movie 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Sunkist Citrus Day</p>
<p>2. <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie <b>10:00 – Van Ride</b> 11:30 – Pet Therapy with Chibi and Wicket</p> <p><b>12:30 – Lunch</b> 1:30 – Banana Trivia 2:00 – Sing-Along with Susie Q <b>2:00 – Zumba with Annette (A)</b> 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Banana Cream Pie Day</p>	<p>3. <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – Soup Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (L) 2:15 – Courtyard Cruising (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Soup It Forward Day</p>	<p>4. <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations <b>12:30 – Lunch</b> 1:30 – Mardi Gras Trivia 2:00 – Sing-Along with Susie Q 2:00 – Tea Time in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> Mardi Gras</p>	<p>5. <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – Cheese Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show <b>2:00 – Van Ride</b> <b>3:15 – Craft: St. Patrick's Wind Chimes</b> 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Cheese Doodle Day</p>	<p>6. <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – The Rat Pack Concert <b>10:00 – Senior Moments (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Cookie Trivia 2:00 – Sing-Along with Susie Q <b>2:00 – Crafting with Kristia (A)</b> 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Oreo Cookie Day</p>	<p>7. <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 2:00 – Englebert Humperdinck Sing-Along 2:00 – Hidden Pictures 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Dress In Blue Day</p>	<p>8. <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Perry Como Concert <b>10:00 – Activities with Grace &amp; Friends (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Oregon Trivia 2:00 – Saturday Matinee Movie <b>2:00 – Strength and Balance Fuzion</b> Fitness with Daniel (A) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Oregon Day</p>
<p>9. <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie <b>10:00 – Van Ride</b> 11:30 – Pet Therapy with Chibi and Wicket</p> <p><b>12:30 – Lunch</b> 1:30 – Crab Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Sunday Matinee Movie <b>3:00 – Matt Barber Music Performance (A)</b> 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Crab Meat Day</p>	<p>10. <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Frank Sinatra Concert <b>10:00 – Crafting with Linda (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Mario Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (L) 2:15 – Courtyard Cruising (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Mario Day</p>	<p>11. <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break <b>11:00 – Hawaii Dance Bomb Silent Disco</b> <b>12:30 – Lunch</b> 1:30 – Oatmeal Trivia 2:00 – Sing-Along with Susie Q 2:00 – Tea Time in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Oatmeal Nut Waffles Day</p>	<p>12. <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 11:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo <b>12:30 – Lunch</b> 1:30 – Flowers Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show <b>2:00 – Van Ride</b> <b>3:15 – Craft: Tissue Paper Shamrock</b> Suncatcher 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Plant A Flower Day</p>	<p>13. <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:30 – The Rat Pack Concert <b>9:30 – Karaoke Gang (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Jewel Trivia 2:00 – Sing-Along with Susie Q <b>2:00 – Crafting with Kristia (A)</b> 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Jewel Day</p>	<p>14. <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Ray Charles Concert <b>10:00 – Music with Michael (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Butterflies Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Learn About Butterflies Day</p>	<p>15. <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Perry Como Concert <b>10:00 – Zumba with Annette (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu? <b>12:30 – Lunch</b> 1:30 – Kansas Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Swatter Balloon Volleyball (A) 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b> National Kansas Day</p>



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<p><b>16.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie <b>10:00 – Van Ride</b> <b>11:30 – Pet Therapy with Chibi and Wicket</b></p> <p><b>12:30 – Lunch</b> 1:30 – Panda Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Basketball 3:30 – Word Search 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 - Dinner</b></p> <p><b>National Panda Day</b></p>	<p><b>17.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 11:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo</p> <p><b>12:30 – Lunch</b> 1:30 – St. Patrick's Day Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (L) 2:15 – Courtyard Cruising (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 - Dinner</b></p> <p><b>St. Patrick's Day</b></p>	<p><b>18.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations</p> <p><b>12:30 – Lunch</b> 1:30 – Sloppy Joe Trivia 2:00 – Sing-Along with Susie Q 2:00 – Tea Time in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b></p> <p><b>National Sloppy Joe Day</b></p>	<p><b>19.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Elvis Presley Concert <b>10:00 – Music with Mike Kahue (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu?</p> <p><b>12:30 – Lunch</b> 1:30 – Comedian Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show <b>2:00 – Van Ride</b> <b>3:15 – Craft: Shamrock Rainbows</b> 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b></p> <p><b>National Let's Laugh Day</b></p>	<p><b>20.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – The Rat Pack Concert <b>10:00 – Mellow Friends Karaoke Group (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu?</p> <p><b>12:30 – Lunch</b> 1:30 – Ravioli Trivia 2:00 – Sing-Along with Susie Q <b>2:00 – Crafting with Kristia (A)</b> 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b></p> <p><b>National Ravioli Day</b></p>	<p><b>21.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Ray Charles Concert <b>10:00 – Music Performance with Glenna and Dave (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu?</p> <p><b>12:30 – Lunch</b> 1:30 – Memory Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b></p> <p><b>National Memory Day</b></p>	<p><b>22.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo</p> <p><b>12:30 – Lunch</b> 1:30 – West Virginia Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Hangman Word Game (A) 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b></p> <p><b>National West Virginia Day</b></p>			
<p><b>23.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie <b>10:00 – Van Ride</b> <b>11:30 – Pet Therapy with Chibi and Wicket</b></p> <p><b>12:30 – Lunch</b> 1:30 – Dog Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Target Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 - Dinner</b></p> <p><b>National Puppy Day</b></p>	<p><b>24.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 11:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo</p> <p><b>12:30 – Lunch</b> 1:30 – Cocktail Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (L) 2:15 – Courtyard Cruising (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 - Dinner</b></p> <p><b>National Cocktail Day</b></p>	<p><b>25.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Collage Creations</p> <p><b>12:30 – Lunch</b> 1:30 – Medal of Honor Trivia 2:00 – Sing-Along with Susie Q 2:00 – Tea Time in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b></p> <p><b>National Medal of Honor Day</b></p>	<p><b>26.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Elvis Presley Concert <b>10:00 – Hank the Singing Dutchman (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu?</p> <p><b>12:30 – Lunch</b> 1:30 – Spinach Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show <b>2:00 – Van Ride</b> <b>3:15 – Craft: Rainbow Foam Chains and Pot of Gold</b> 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b></p> <p><b>National Spinach Day</b></p>	<p><b>27.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo</p> <p><b>12:30 – Lunch</b> 1:30 – Art Trivia 2:00 – Sing-Along with Susie Q <b>2:00 – Crafting with Kristia (A)</b> 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b></p> <p><b>National Scribble Day</b></p>	<p><b>28.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Ray Charles Concert <b>10:00 – Inspirational Music with Wally (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu?</p> <p><b>12:30 – Lunch</b> 1:30 – Random Facts Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b></p> <p><b>National Something on a Stick Day</b></p>	<p><b>29.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Perry Como Concert <b>10:00 – Pageant Title Holders' Variety Show (A)</b> 11:00 – Exercise 11:45 – Water &amp; Bathroom Break 12:00 – What's on the Menu?</p> <p><b>12:30 – Lunch</b> 1:30 – Nevada Trivia 2:00 – Saturday Matinee Movie <b>2:00 – Music with Dean (A)</b> 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 – Dinner</b></p> <p><b>National Nevada Day</b></p>			
<p><b>30.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie <b>10:00 – Van Ride</b> <b>11:30 – Pet Therapy with Chibi and Wicket</b></p> <p><b>12:30 – Lunch</b> 1:30 – Vacation Trivia 2:00 – Sing-Along with Susie Q 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 &amp; Bathroom Break <b>5:30 - Dinner</b></p> <p><b>National Virtual Vacation Day</b></p>	<p><b>31.</b> <b>8:30 – Breakfast</b> 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 11:45 – Water &amp; Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo</p> <p><b>12:30 – Lunch</b> 1:30 – Crayon Trivia 2:00 – Sensory Shenanigans 2:00 – Movie <b>2:00 – Crafting with Sandra from Pearl City Library (A)</b> 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water &amp; Bathroom Break <b>5:30 - Dinner</b></p> <p><b>National Crayon Day</b></p>								