

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Van Departures</p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY</p> <p>A – Activity Room C – Courtyard L – Lobby O – Outside</p>					
						
<p>3. 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 – Lemon Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music with Dean (A) 3:00 – Bean Bag Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner National Lemonade Day</p>	<p>4. 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 – Music Moves Me 12:30 – Lunch 1:30 – Star Wars 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 Star Wars Day</p>	<p>5. 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 – Cinco De Mayo Trivia 2:00 – Sing-Along with Susie Q 2:15 – Tea Time in the Courtyard (C) 3:00 – Picasso Painters 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Cinco De Mayo</p>	<p>6. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Chair Yoga with Hang Zen Yogi's (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Beverage Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:15 – Arts & Crafts 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Beverage Day</p>	<p>7. 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 – Tourism Trivia 2:00 – Documentary: Wild Babies 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Tourism Day</p>	<p>8. 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 1:00 – What's on the Menu? 12:30 – Lunch 1:30 – Soda Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mindful Nature Walk (O) 2:15 – Popsicles in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Have A Coke Day</p>	<p>9. 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 – Golf 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 National Miniature Golf Day</p>
<p>10. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Hawaii Pono'i 10:00 – Halia Resistance Training 11:00 – What's on the Menu? 11:30 – Flower Arranging 12:30 – Lunch 1:30 – Mother's Day Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner Mother's Day</p>	<p>11. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Don Ho Concert 10:00 – Crafting with Linda (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Food Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Aromatherapy Hand Massage (C) 2:30 – Mele in the Courtyard (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner National Eat What You Want Day</p>	<p>12. 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 – Nut Trivia 2:00 – Sing-Along with Susie Q 2:15 – Nutty Fudge Cones in the Courtyard (C) 3:00 – Picasso Painters 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Nutty Fudge Day</p>	<p>13. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Apple Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:15 – Arts & Crafts 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Apple Pie Day</p>	<p>14. 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 – Biscuits 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 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Buttermilk Biscuits Day</p>	<p>15. 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 – Pizza Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Music with Dave (A) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 - Dinner National Pizza Party Day</p>	<p>16. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Zumba with Annette (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Classic Movies Trivia 2:00 – Saturday Movie Matinee 2:00 – Mindful Nature Walk (O) 2:15 – Aromatherapy Hand Massage (C) 2:30 – Mele in the Courtyard (C) 3:00 – 7th Day Adventist Choir (A) 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Classic Movie Day</p>

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<p>17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 12:30 – Lunch 1:30 – Walnut Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mindful Nature Walk (O) 2:15 – Mele in the Courtyard (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Basket Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Walnut Day</p>	<p>18. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Music Moves Me 12:30 – Lunch 1:30 – Museum Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Aromatherapy Hand Massage (C) 2:30 – Mele in the Courtyard (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner International Museum Day</p>	<p>19. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Music with Glenna (A) 10:00 – Halia Resistance Training 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 12:30 – Lunch 1:30 – Plants Trivia 2:00 – Sing-Along with Susie Q 2:15 – Tea Time in the Courtyard (C) 3:00 – Picasso Painters 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Plant Something Day</p>	<p>20. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Music with 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 – Sneakers Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:15 – Arts & Crafts 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Red Sneakers Day</p>	<p>21. 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 – Strawberries 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 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Strawberries and Cream Day</p>	<p>22. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Na Wahine O Ka Hula (A) 11:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Vanilla Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mindful Nature Walk (O) 2:15 – Pet Therapy with Kona in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Vanilla Pudding Day</p>	<p>23. 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 – Turtle Trivia 2:00 – Saturday Movie Matinee 2:00 – Strength and Balance Fuzion Fitness with Daniel (A) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner World Turtle Day</p>	
<p>24. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Halia Resistance Training 12:30 – Lunch 1:30 – Wig Trivia 2:00 – Sing-Along with Susie Q 2:00 – Music with Dean (A) 3:00 – Bean Bag Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Wig Out Day</p>	<p>25. 8:30 – Breakfast 9:30 – Cognifit 9:50 – God Bless America 10:00 – Halia Resistance Training 11:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Music Moves Me 12:30 – Lunch 1:30 – Memorial Day Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Mindful Nature Walk (O) 2:15 – Aromatherapy Hand Massage (C) 2:30 – Mele in the Courtyard (C) 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Memorial Day</p>	<p>26. 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 – Sing-Along with Susie Q 2:15 – Tea Time in the Courtyard (C) 3:00 – Picasso Painters 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Blueberry Cheesecake Day</p>	<p>27. 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 – Crafting with Ashleen 12:30 – Lunch 1:30 – Health Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Van Ride 3:15 – Arts & Crafts 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Senior Health and Fitness Day</p>	<p>28. 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 – Hamburger Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:30 – Gorgeous Grams Nail Painting 3:30 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Hamburger Day</p>	<p>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 – Paperclip Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Mindful Nature Walk (O) 2:15 – Popsicles in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Paperclip Day</p>	<p>30. 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 – Mint Julep Trivia 2:00 – Saturday Movie Matinee 2:00 – Mindful Nature Walk (O) 2:15 – Aromatherapy Hand Massage (C) 2:30 – Mele in the Courtyard (C) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Mint Julep Day</p>	
<p>31. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Halia Resistance Training 1:30 – May Trivia 2:00 – Sing-Along with Susie Q 2:00 – Mele in the Courtyard (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Smile Day</p>							
							