

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Swatter Balloon Volleyball 12:30 – Lunch 1:30 – September Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massages (C) 3:00 – Craft: Cupcake Jellyfish 3:30 – Furry Friends with Chako 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner No Rhyme (Nor) Reason Day</p>	<p>2. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Picasso Water Color Painting 12:30 – Lunch 1:30 – Labor Day Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Labor Day</p>	<p>3. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Creative Coloring 11:30 – Aromatherapy Hand Massages 12:30 – Lunch 1:30 – Bowling Trivia 2:00 – Movie 2:00 – Terry Brown Ukulele Music Ministry (A) 3:00 – Wii Games: Bowling (MR) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner U.S. Bowling League Day</p>	<p>4. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Wildlife Trivia 2:00 – Movie 2:00 – Van Ride 2:00 – Performance by Roy Hamada (A) 3:30 – Craft: Leo the Lion 4:00 – Exercise 4:45 – Water & Bathroom Break National Wildlife Day</p>	<p>5. 8:30 – Breakfast 9:30 – What's on the Menu? 10:00 – Documentary 10:30 – Island Family Christian Church with Pastor Ken (A) 11:30 – Exercise 12:30 – Lunch 1:30 – Pizza Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Shark Toss 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cheese Pizza Day</p>	<p>6. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Sing-Along with Susie Q 11:30 – Aloha Friday Outdoor Stroll (L) 12:30 – Lunch 1:30 – Ice Cream Trivia 2:00 – Movie 2:00 – Worship Service with Wally Brown (A) 3:00 – Coffee Ice Cream Sundaes (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Coffee Ice Cream Day</p>	<p>7. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Dean (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Salami Trivia 2:00 – Documentary 2:00 – Courtyard Cruising with Salami and Cheese Pinwheels (C) 3:00 – Swatter Balloon Volleyball 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Salami Day</p>
<p>8. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Doily Fans 12:30 – Lunch 1:30 – Grandparents Trivia 2:00 – Swatter Balloon Volleyball 2:30 – Aromatherapy Hand Massages 3:00 – Craft: Lady Bug Plates 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Grandparents Day</p>	<p>9. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Picasso Water Color Painting 12:30 – Lunch 1:30 – Assisted Living Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Dress-Up Day: Pajamas</p>	<p>10. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Kupuna Mele (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Sports Trivia 2:00 – Documentary 2:00 – Meditation Yoga with Kat (A) 3:00 – Mini Golf (A) 3:30 – Furry Friends with Spencer 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Dress-Up Day: Sports</p>	<p>11. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Pacific Historic Parks: Peace Program (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Western Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Craft: Felt Cowboy Boots 4:30 – Exercise 5:15 – Water & Bathroom Break Dress-Up Day: Western</p>	<p>12. 8:30 – Breakfast 9:30 – Movie 9:30 – Karaoke Gang (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Autumn Trivia 2:00 – Movie 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Ping Pong Cup Toss 4:00 – Furry Friends with Cookie 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner Dress-Up Day: Tie Dye</p>	<p>13. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Sing-Along with Susie Q 11:30 – Aloha Friday Outdoor Stroll (L) 12:30 – Lunch 1:30 – Hawaii Trivia 2:00 – Comedy Show 2:00 – The Covenant Player (A) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Dress-Up Day: Aloha</p>	<p>14. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Dean (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Who Said That Trivia 2:00 – Documentary 2:00 – Zumba with Annette (A) 3:00 – 7th Day Adventist Choir (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Eat A Hoagie Day</p>
<p>15. 8:30 – Breakfast 9:30 – Cognifit 10:00 – What's on the Menu? 10:30 – Furry Friends with Chako 11:00 – Exercise 11:45 – Water & Bathroom Break 11:30 – Craft: Linguine Art 12:30 – Lunch 1:30 – Linguine Trivia 2:00 – Sing-Along with Susie Q 2:00 – Beginner's Hula with Alberta (A) 3:00 – Swatter Balloon Volleyball 3:30 – Aromatherapy Hand Massages 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Linguine Day</p>	<p>16. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Play Doh Sculpting Game 12:30 – Lunch 1:30 – Play Doh Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Play Doh Day</p>	<p>17. 8:30 – Breakfast 9:30 – What's on the Menu? 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – I Ola Lahui Kupuna Workshop with Dr. Morgan: Mindfulness 12:30 – Lunch 1:30 – Monte Cristo Trivia 2:00 – Sing-Along with Susie Q 2:00 – Terry Brown Ukulele Music Ministry (A) 3:00 – Beautiful You 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Monte Cristo Day</p>	<p>18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Rikicy Kamai Hawaiian Music Performance (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Cheeseburger Trivia 2:00 – Movie 2:00 – Van Ride 2:00 – Performance by Roy Hamada (A) 3:30 – Craft: Glitter Pendants 4:00 – Exercise 4:45 – Water & Bathroom Break National Cheeseburger Day</p>	<p>19. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Documentary 10:00 – Senior Moments (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Pudding Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Butterscotch Pudding Parfaits 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Butterscotch Pudding Day</p>	<p>20. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Comedy Show 10:00 – Music with Michael (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Rice Trivia 2:00 – Sing-Along with Susie Q 2:00 – Inspirational Music Performance by Wally Brown (A) 3:00 – Craft: Colored Rice Mosaics 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Fried Rice Day</p>	<p>21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Paradise Church Music (3rd) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Chai Tea Trivia 2:00 – Movie 2:00 – Zumba with Annette (A) 3:00 – 7th Day Adventist Choir (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Chai Day</p>
<p>22. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Ellie the Elephant 12:30 – Lunch 1:30 – Elephant Trivia 2:00 – Sing-Along with Susie Q 2:00 – Beginner's Hula with Alberta (A) 3:00 – Swatter Balloon Volleyball 3:30 – Aromatherapy Hand Massages 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Elephant Day</p>	<p>23. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Picasso Water Color Painting 12:30 – Lunch 1:30 – Beef Jerky Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Snack Stick Day</p>	<p>24. 8:30 – Breakfast 9:30 – What's on the Menu? 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Cooking Corner: Cherries Jubilee 12:30 – Lunch 1:30 – Cherries Trivia 2:00 – Movie 2:00 – Meditation Yoga with Kat (A) 3:00 – Beautiful You (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cherries Jubilee Day</p>	<p>25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Zumba with Vanessa (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Comic Book Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Craft: Comic Book Magnets 4:30 – Exercise 5:15 – Water & Bathroom Break National Comic Book Day</p>	<p>26. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Documentary 10:00 – Mellow Friends (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Words in Words Game 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Mindfulness 3:30 – Basketball 4:00 – Furry Friends with Cookie 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Pancake Day</p>	<p>27. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Comedy Show 10:00 – Body & Brain Yoga with Karen (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Roads and Byways Trivia 2:00 – Sing-Along with Susie Q 2:00 – Hank the Singing Dutchman (A) 2:00 – Birthday Bash (A) 3:00 – Bingo 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Corned Beef Hash Day</p>	<p>28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Comedy Show 10:00 – Activities with Grace (A) 11:00 – What's on the Menu? 11:30 – Exercise 12:30 – Lunch 1:30 – Strawberry Trivia 2:00 – Sing-Along with Susie Q 2:00 – Zumba with Annette (A) 3:00 – Honolulu City Winds (A) 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Strawberry Cream Pie Day</p>
<p>29. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Craft: Coffee Filter Butterflies 11:45 – Water & Bathroom Break 12:30 – Lunch 1:30 – Coffee Trivia 2:00 – Sing-Along with Susie Q 2:00 – Beginner's Hula with Alberta (A) 3:00 – Swatter Balloon Volleyball 3:30 – Aromatherapy Hand Massages 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Coffee Day</p>	<p>30. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Picasso Water Color Painting 12:30 – Lunch 1:30 – Famous People Trivia 2:00 – Movie 2:00 – Van Ride 3:30 – Furry Friends with Lii Lii 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Love People Day</p>	 <p>Happy Grandparents Day</p>	 <p>A SPARK of creativity National Assisted Living Week SEPTEMBER 8-14, 2019</p>		<p>Van Departures Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY A – Activity Room B – Bistro MR – Media Room GR – Game Room L – Lobby C – Courtyard 3rd – Third Floor</p>