

SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1. 8:20 - Exercise (A) 9:00 - Exercise (A) 9:00 - Shopping: Longs (U) 10:00 - Nickel Bingo (A) 12:45 - Scenic - Downtown (S) 1:00 - Beautiful You (A) 2:15 - Scenic - Downtown (S) 2:00 - Blackjack (A) 3:00 - Furry Friends with Chako (A) 3:30 - Bracelet Beading (A) No Rhyme (Nor Reason) Day</p>	<p>2. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Bingo (A) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bingo (A) 3:00 - Furry Friends with Lii Lii (A) 3:00 - Sing-Along with Susie Q (MR) National Labor Day</p>	<p>3. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Resident Council (A) 1:00 - Hidden Pictures (A) 2:00 - Errand Run (U) 2:00 - Terry Brown Ukulele Music Ministry (A) 3:00 - Wii Games: Bowling (MR) U.S. Bowling League Day</p>	<p>4. 8:20 - Exercise (A) 8:30 - Shopping: Ross (U) 9:00 - Exercise (A) 9:45 - Holoholo: Nijiya Market (U) 10:00 - Hanafuda (A) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Performance by Roy Hamada (A) 3:00 - Craft: Peacock Door Décor(A) National Wildlife Day</p>	<p>5. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:30 - Island Family Christian Church with Pastor Ken (A) 1:00 - Word Search Hour (A) 2:00 - Errand Run (U) 2:00 - Crafting with Kristia (A) 3:00 - Beginner's Ukulele Class with Kumu Kuulei (A) National Cheese Pizza Day</p>	<p>6. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Bingo (A) 11:00 - What Does the Bible Really Teach w/ Gene (MR) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Worship Service with Wally Brown (MR) 3:00 - Coffee Ice Cream Sundae (B) 7:00 - Family Movie Night: Judy Moody and the Not Bummer Summer (3rd) National Coffee Ice Cream Day</p>	<p>7. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Music with Dean (A) 1:00 - Creative Coloring (A) 2:00 - Cooking Corner: Salami and Cheese Pinwheels (A) 3:00 - Nickel Bingo (A) 6:00 - UH vs. Oregon State (MR) National Salami Day</p>
<p>8. Grandparents Day Buffet 2 Seating Times 10am-12pm 12:45-2:45pm National Grandparents Day</p>	<p>9. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Choir Class with Aki (A) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bingo (A) 3:00 - Furry Friends with Lii Lii (A) 3:00 - Sing-Along with Susie Q (MR) Assisted Living Week Dress-Up Day: Pajama</p>	<p>10. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Kupuna Mele (A) 1:00 - Hidden Pictures (A) 2:00 - Errand Run (U) 2:00 - Meditation Yoga with Kat (A) 3:00 - Furry Friends with Spencer (A) 3:00 - Documentary: Top 10 Secrets and Mysteries (MR) Assisted Living Week Dress-Up Day: Sports</p>	<p>11. 8:20 - Exercise (A) 8:30 - Shopping: Tamura's Kalaeloa (U) 9:00 - Exercise (A) 10:00 - Pacific Historic Parks: Peace Program (A) 11:15 - Kau Kau Club: Pearlridge Food Court (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Felt Cowboy Boots (A) 3:00 - Japanese Bible Study with Pastor Kamikubo (MR) Assisted Living Week Dress-Up Day: Western</p>	<p>12. 8:15 - Exercise (A) 8:50 - Exercise (A) 9:30 - Karaoke Gang (A) 1:00 - Word Search Hour (A) 2:00 - Errand Run (U) 2:00 - Crafting with Kristia (A) 3:00 - Beginner's Ukulele Class with Kumu Kuulei (A) 3:30 - Furry Friends with Cookie (A) Assisted Living Week Dress-Up Day: Tie Dye</p>	<p>13. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Bingo (A) 11:00 - What Does the Bible Really Teach w/ Gene (MR) 1:00 - Hidden Pictures (B) 1:30 - Aromatherapy Hand Massage (A) 2:00 - The Covenant Players (A) 3:00 - Craft: Message Boards (A) 7:00 - Family Movie Night: Nights in Rodanthe (3rd) Assisted Living Week Dress-Up Day: Aloha</p>	<p>14. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Music with Dean (A) 1:00 - Creative Coloring (A) 1:30 - Washington vs. UH (MR) 2:00 - Zumba with Annette (A) 3:00 - 7th Day Adventist Choir (A) National Eat A Hoagie Day</p>
<p>15. 8:20 - Exercise (A) 9:00 - Exercise (A) 9:00 - Shopping: Walmart (U) 10:00 - Furry Friends with Chako(A) 10:30 - Hanafuda (A) 12:45 - Scenic - Milliani (S) 1:00 - Beautiful You (A) 2:15 - Scenic - Milliani (S) 2:00 - Beginner Hula Classes with Alberta (A) 3:00 - Bracelet Beading (A) National Linguine Day</p>	<p>16. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Choir Class with Aki (A) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Play Doh Sculpting Game (A) 3:00 - Furry Friends with Lii Lii (A) 3:00 - Sing-Along with Susie Q (MR) National Play Doh Day</p>	<p>17. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - I Ola Lahui Kupuna Educational Workshop with Dr. Morgan: Adapting to Change and Loss (A) 1:00 - Hidden Pictures (A) 2:00 - Errand Run (U) 2:00 - Terry Brown Ukulele Music Ministry (A) 3:00 - Nickel Bingo (A) National Monte Cristo Day</p>	<p>18. 8:20 - Exercise (A) 8:45 - Shopping: Target (U) 10:00 - Rickey Kamai Hawaiian Music Performance (A) 10:15 - Holoholo: Nijiya Market (U) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Roy Hamada Piano Performance (A) 3:00 - Craft: Glitter Pendants (A) National Cheeseburger Day</p>	<p>19. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Senior Moments (A) 1:00 - Word Search Hour (A) 2:00 - Errand Run (U) 2:00 - Crafting with Kristia (A) 3:00 - Beginner's Ukulele Class with Kumu Kuulei (A) National Butterscotch Pudding Day</p>	<p>20. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Music with Michael (A) 11:00 - What Does the Bible Really Teach w/ Gene (MR) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Inspirational Music Performance by Wally Brown (A) 3:00 - Cooking Corner with Leo: Fried Rice (A) 7:00 - Movie Night: Competition (3rd) National Fried Rice Day</p>	<p>21. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Paradise Church Music (A) 1:00 - Creative Coloring (A) 2:00 - Zumba with Annette (A) 3:00 - 7th Day Adventist Choir (A) 6:00 - UH vs. Central Arkansas (MR) National Chai Day</p>
<p>22. 8:20 - Exercise (A) 9:00 - Exercise (A) 9:00 - Shopping: Don Quijote (U) 10:00 - Nickel Bingo (A) 12:45 - Scenic - Waialua Sugar Mill (S) 1:00 - Beautiful You (A) 2:15 - Scenic - Waialua Sugar Mill (S) 2:00 - Beginner Hula Classes with Alberta (A) 3:00 - Bracelet Beading (A) National Elephant Day</p>	<p>23. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Choir Class with Aki (A) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bingo (A) 3:00 - Furry Friends with Lii Lii (A) 3:30 - Sing-Along with Susie Q (MR) National Snack Stick Day</p>	<p>24. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Cooking Corner: Cherries Jubilee (A) 10:00 - Movie: Charlie and the Chocolate Factory (MR) 1:00 - Hidden Pictures (A) 2:00 - Errand Run (U) 2:00 - Meditation Yoga with Kat (A) 3:00 - Nickel Bingo (A) National Cherries Jubilee Day</p>	<p>25. 8:20 - Exercise (A) 9:00 - Exercise (A) 9:30 - Holoholo: Bubbies Mochi Ice Cream (U) 10:00 - Zumba with Vanessa (A) 11:10 - Bentos: Aiea Bay State Rec (S) 1:00 - Creative Comic Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Painting with Shaina (A) 3:00 - Swatter Balloon Volleyball (A) National Comic Book Day</p>	<p>26. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Mellow Friends (A) 1:00 - Word Search Hour (A) 2:00 - Errand Run (U) 2:00 - Crafting with Kristia (A) 3:00 - Beginner's Ukulele Class with Kumu Kuulei (A) 3:30 - Furry Friends with Cookie (A) National Pancake Day</p>	<p>27. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Body & Brain Yoga with Karen (A) 11:00 - What Does the Bible Really Teach w/ Gene (MR) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Hank the Singing Dutchman (A) 2:00 - Birthday Bash (A) 3:00 - Blackjack (A) 7:00 - Movie Night: The Spectacular Now (3rd) National Corned Beef Hash Day</p>	<p>28. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Activities with Grace (A) 1:00 - Creative Coloring (A) 2:00 - Zumba with Annette (A) 3:00 - Honolulu City Winds (A) 6:00 - Nevada vs. UH (MR) National Strawberry Cream Pie Day</p>
<p>29. 8:20 - Exercise (A) 9:00 - Exercise (A) 9:00 - Shopping: Foodland (U) 10:00 - Nickel Bingo (A) 12:45 - Scenic - Diamond Head(S) 1:00 - Beautiful You (A) 2:15 - Scenic - Diamond Head (S) 2:00 - Beginner Hula Classes with Alberta (A) 3:00 - Bracelet Beading (A) National Coffee Day</p>	<p>30. 8:20 - Exercise (A) 9:00 - Exercise (A) 10:00 - Choir Class with Aki (A) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bingo (A) 3:00 - Furry Friends with Lii Lii (B) 3:30 - Creative Dog Coloring (A) 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 MR – Media Room L – Lobby 3rd – 3rd Floor B – Bistro C – Courtyard U – Unsupervised S – Supervised</p>