

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



-  Health & Fitness
-  Movie
-  Shuttle
-  Special Event

- Location Keys**
- Activity Room A
  - Bistro B
  - Hoku Terrace HT
  - Theater T

<p><b>National Coast Guard Day</b> 4</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00 Non-Denominational Service with Brother David [T] 10:15 Craft: Scrapbook Cardmaking [A] 1:30  Afternoon Stretch [A] 2:00 Karaoke [A] 3:15  Documentary: "The Accountant of Auschwitz" (2018) [T] 3:15 Kanikapila [A] 7:00  Movie Night: "Murder Mystery" (2019) [T]</p>	<p><b>National Oyster Day</b> 5</p> <p>8:30  Morning Exercise I [HT] 8:30  Sightseeing I: Ewa Beach 9:30  Morning Exercise II [HT] 10:00  Documentary: "Building Chernobyl's Mega Tomb" (2017) [T] 10:30  Sightseeing II: Ewa Beach 1:30  Afternoon Stretch [A] 1:45  Shopping: Walmart (1 hour) 2:00  Tai Chi with Stuart Robson [A] 3:30 Bingo [A]</p>	<p><b>National Root Beer Float Day</b> 6</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00  <b>Kupuna Mele [A]</b> 1:00 Pet Therapy with Blue the Dog [HT] 1:30  Afternoon Stretch [A] 2:00  Matinee Movie: "Mary Poppins Returns" (2018) [T] 4:00 Afternoon Stroll</p>	<p><b>National Lighthouse Day</b> 7</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 9:45  Shopping: Uniqlo Hawaii 10:00 Ukulele Chord Practice with Bob [A] 1:30  Afternoon Stretch [A] 1:45  Errand Run: Kahala Mall (2 mile radius) 2:15 Hanafuda and Blackjack [A] 3:30 Bingo [A]</p>	<p><b>National Girlfriend's Day</b> 1</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00 Buddhist Service with Moiliili Hongwanji [T] 10:30 Moiliili Hongwanji's Mini-Bon Dance [T] 1:30  Afternoon Stretch [A] 2:15 Pokeno [A] 3:00 Craft: Puzzling Puzzles Picture Frame [HT] 7:00  Movie Night: "The Nights in Rodanthe" (2008) [T]</p>	<p><b>Dress Day: Aloha Attire</b> 2</p> <p><b>National Ice Cream Sandwich Day</b></p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00 Mahjong with Stella [HT] 10:00  <b>Musical Performance by Nuoli Serenaders [A]</b> 1:30  Afternoon Stretch [A] 2:15 Ice Cream Sandwich Treat [HT] 3:30 Bingo [A]</p>	<p><b>National Watermelon Day</b> 3</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00 Craft: Watermelon Booklets [A] 1:30  Afternoon Stretch [A] 2:15 Manicures and Therapeutic Coloring [A] 3:30 Bingo [A] 7:00  Movie Night: "Our Souls at Night" (2017) [T]</p>
<p><b>National Spirit of '45 Day</b> 11</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00 Non-Denominational Service with Ilikai Chapel [T] 10:15 Documentary: "Building Chernobyl's Megatomb (2017)" [T] 1:30  Afternoon Stretch [A] 2:15 Pokeno [A] 7:00  Movie Night: "Daughters of the Dust" (1991) [T]</p>	<p><b>National Vinyl Record Day</b> 12</p> <p>8:30  Morning Exercise I [HT] 8:30  Sightseeing I: Diamond Head 9:30  Morning Exercise II [HT] 10:00  Documentary: "NOVA: Holocaust: Escape Tunnel" (2017) [T] 10:30  Sightseeing II: Diamond Head 1:30 Afternoon Stretch [A] 1:45  Shopping: Target (1 hour) 2:15 Jeopardy: Music! Music! Music! [T] 3:30 Bingo [A]</p>	<p><b>National Left Hander's Day</b> 13</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:15  <b>Resident Council [A]</b> 1:30  Afternoon Stretch [A] 2:00  Matinee Movie: "The Short Game" (2013) [T] 4:00 Afternoon Stroll</p>	<p><b>National Creamsicle Day</b> 14</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 9:45  Shopping: Don Quijote (1 hour) 10:00  <b>Ukulele Lessons with Bryan [A]</b> 11:00  Plaza Eats: Los Chapaarros 1:30 Afternoon Stretch [A] 1:45  Shopping: Daiso (1.5 hours) 2:15 Creamsicle Treat on the Terrace [HT] 3:30 Bingo [A]</p>	<p><b>National Dollar Day</b> 8</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00 Catholic Service with St. Augustine Church by the Sea [T] 10:00  <b>Paint for Your Soul with Gwenaelle [A]</b> 1:30  <b>Hank the Singing Dutchman [A]</b> 3:00 Pokeno [A] 7:00  Movie Night: "Paint Your Wagon" (1969) [T]</p>	<p><b>National Book Lovers Day</b> 9</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00  <b>DCAA Presentation: Investment Fraud [T]</b> Mahjong with Stella [HT] 10:00 Mahjong with Stella [HT] 1:30  Afternoon Stretch [A] 2:15 Craft: Bookmarkers [A] 3:30 Bingo [A]</p>	<p><b>National Bowling Day</b> 10</p> <p>8:30  Morning Exercise I [HT] 9:30  Zumba Gold with Annette [A] 1:30  Afternoon Stretch [A] 2:15 Tea and Cookies at the Bistro [B] 3:30 Bingo [A] 7:00  Movie Night: "Music and Lyrics" (2007) [T]</p>
<p><b>National Fajita Day</b> 18</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:15 Kanikapila [A] 1:30 Afternoon Stretch [A] 2:00 Men's Social (Men Only) [T] 2:15 Tea Time and Hanafuda in the Bistro [B] 3:15  Documentary: "Killer Volcanos (2017)" 3:30 Pokeno [A] 7:00  Movie Night: "The Boy Who Harnessed the Wind" (2019) [T]</p>	<p><b>National Aviation Day</b> 19</p> <p>8:30  Morning Exercise I [HT] 8:30  Sightseeing I: Waipahu 9:30  Morning Exercise II [HT] 10:00  Documentary: "The Impossible Flight" (2018) [T] 10:30  Sightseeing II: Waipahu 1:30  Afternoon Stretch [A] 1:45  Shopping: Longs Drugs (1 hour) 2:15 Paper Airplane Contest [A] 3:30 Bingo [A]</p>	<p><b>National Radio Day</b> 20</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00  <b>Speaker: UH Professor Brien Hallet Lecture on "Atomic Bombings" [T]</b> 1:00 Pet Therapy with Blue the Dog [HT] 1:30  Afternoon Stretch [A] 2:00  Matinee Movie: "The Hundred Foot Journey" (2014) [T] 4:00 Afternoon Stroll 4:00  <b>New Event Name</b></p>	<p><b>National Senior Citizens Day</b> 21</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 9:45  Errand Run (2 mile radius) 10:00 Ukulele Chord Practice with Bob [A] 1:30  Afternoon Stretch [A] 1:45  Plaza Eats: Waiola Shave Ice 2:15 Art: Therapeutic Coloring and Nail Painting [A] 3:30 Bingo [A]</p>	<p><b>National Relaxation Day</b> 15</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:15  <b>Plaza Spa Day [A]</b> 1:30  <b>Hula with Kumu Lily [A]</b> 3:00 Pokeno [A] 7:00  Movie Night: "The Searchers" (1956) [T]</p>	<p><b>National Roller Coaster Day</b> 16</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00 Mahjong with Stella [HT] 10:15 Virtual Reality: Roller Coaster Ride [T] 1:30  Afternoon Stretch [T] 2:00  <b>Music with Dean Hirata [A]</b> 3:30 Bingo [A]</p>	<p><b>National World Honey Bee Day</b> 17</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00 Craft: Honey Bee Surprise [A] 1:30  Afternoon Stretch [A] 2:15 Blackjack [A] 3:30 Bingo [A] 7:00  Movie Night: "Milk" (2008) [T]</p>
<p><b>National Park Service Founders Day</b> 25</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00  Matinee Movie: "Mr. Holland's Opus" (1995) [T] 10:00 Non-Denominational Service with Ilikai Chapel [A] 1:30  Afternoon Stretch [A] 2:15 Craft: Scrapbook Card Making [A] 3:15  Documentary: "Tunisian Victory" (1944) [T] 3:15 Kanikapila [A] 7:00  Movie Night: "The Red Violin" (1998) [T]</p>	<p><b>National Dog Day</b> 26</p> <p>8:30  Morning Exercise I [HT] 8:30  Sightseeing I: Blow Hole, Hawaii Kai 9:30  Morning Exercise II [HT] 10:00  Documentary: "NOVA: Thai Cave Rescue" (2018) [T] 10:30  Sightseeing II: Blow Hole, Hawaii Kai 1:30  Afternoon Stretch [A] 1:45  Shopping: Don Quijote (1 hour) 2:15 Craft: Wash Cloth Puppies [A] 3:30 Bingo [A]</p>	<p><b>National Just Because Day</b> 27</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00  <b>DCAA Presentation: "Affinity Fraud" [T]</b> 1:30  Afternoon Stretch [A] 2:00  Matinee Movie: "Christopher Robin" (2018) [T] 4:00 Afternoon Stroll</p>	<p><b>National Bow Tie Day</b> 28</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 9:45  Shopping: Walmart (1 hour) 10:00  <b>Ukulele Lessons with Bryan [A]</b> 1:30  Afternoon Stretch [A] 1:45  Shopping: Ross Dress for Less 2:15  Seated Line Dancing [A] 3:30 Bingo [A]</p>	<p><b>National Bao Day</b> 22</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:15  <b>Speaker: Chaminade Professor Arthur Mori Lecture on "The Geography of East Oahu, Hawaiian Volcanoes" [T]</b> 1:30  Afternoon Stretch [T] 2:00 Matinee Movie: "Joyful Noise" (2012) [A] 3:30 Pokeno [A]</p>	<p><b>National Spongecake Day</b> 23</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00 Mahjong with Stella [HT] 10:15 Recycle Craft: Cherry Blossom Wall Art [A] 1:30  Afternoon Stretch [A] 2:15 Pictionary [A] 3:30 Bingo [A]</p>	<p><b>National Peach Pie Day</b> 24</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00  <b>Piano Performance by Maegan and Kaedan Lee [A]</b> 1:30  Afternoon Stretch [A] 2:15 Cooking Demonstration: No Bake Peach Cobbler [A] 3:30 Bingo [A] 7:00  Movie Night: "The Phantom of the Opera" (2004) [T]</p>
<p><b>National Chop Suey Day</b> 29</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:15  <b>Cooking Demonstration with Chef Frank: Chop Suey [A]</b> 1:30  Afternoon Stretch [A] 2:00  <b>Hula with Kumu Lily [A]</b> 3:30 Pokeno [A] 7:00  Movie Night: "Rain Man" (1988) [T]</p>	<p><b>National Dog Day</b> 26</p> <p>8:30  Morning Exercise I [HT] 8:30  Sightseeing I: Blow Hole, Hawaii Kai 9:30  Morning Exercise II [HT] 10:00  Documentary: "NOVA: Thai Cave Rescue" (2018) [T] 10:30  Sightseeing II: Blow Hole, Hawaii Kai 1:30  Afternoon Stretch [A] 1:45  Shopping: Don Quijote (1 hour) 2:15 Craft: Wash Cloth Puppies [A] 3:30 Bingo [A]</p>	<p><b>National Just Because Day</b> 27</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00  <b>DCAA Presentation: "Affinity Fraud" [T]</b> 1:30  Afternoon Stretch [A] 2:00  Matinee Movie: "Christopher Robin" (2018) [T] 4:00 Afternoon Stroll</p>	<p><b>National Bow Tie Day</b> 28</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 9:45  Shopping: Walmart (1 hour) 10:00  <b>Ukulele Lessons with Bryan [A]</b> 1:30  Afternoon Stretch [A] 1:45  Shopping: Ross Dress for Less 2:15  Seated Line Dancing [A] 3:30 Bingo [A]</p>	<p><b>National Chop Suey Day</b> 29</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:15  <b>Cooking Demonstration with Chef Frank: Chop Suey [A]</b> 1:30  Afternoon Stretch [A] 2:00  <b>Hula with Kumu Lily [A]</b> 3:30 Pokeno [A] 7:00  Movie Night: "Rain Man" (1988) [T]</p>	<p><b>Dress Day: Wear Your College Colors</b> 30</p> <p><b>National College Colors Day</b></p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00 Mahjong with Stella [HT] 10:15 Recycle Crafts: Egg Cartons [A] 1:30  Afternoon Stretch [A] 2:15 Jenga and Juice [A] 3:30 Bingo [A] 7:00  <b>Pau Hana Social [HT]</b></p>	<p><b>National Trail Mix Day</b> 31</p> <p>8:30  Morning Exercise I [HT] 9:30  Morning Exercise II [HT] 10:00  <b>Music with Dean Hirata [A]</b> 1:30  Afternoon Stretch [A] 2:15 Happy Trails Scavenger Hunt [A] 3:30 Bingo [A] 7:00  Movie Night: "Kon Tiki" (2012) [T]</p>