

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>THE PLAZA Assisted Living</p>	<p>April Fool's Day 1 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Peanut Butter and Jelly Day 2 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Peanut Butter" by the Marathons [A] 10:00 Halli'a Best Friend of the Month: Joke-a-Thon! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Walking Day 3 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Game: 9 Square 9:45 Sightseeing: Enchanted Lake 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Spring Craft: Butterflies [A] 1:00 Strength, Balance and Tone with Daniel 2:00 Sensory Walk to the Terrace [HT] 2:45 Chores: Walker and Cane Sanitation [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Orange National Vitamin C Day 4 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Hangman- Types of Fruit 10:00 Buddhist Service with Moilili Hongwanji [T] 11:00 Edible Craft: Mr. Orange on a Bicycle! 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Craft: Yarn Bunnies [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Deep Dish Pizza Day 5 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Music with Dean Hirata [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Deep Dish Pizza [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 4:00 DINNER</p>	<p>National Caramel Popcorn Day 6 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Craft: Popcorn Hyacinths [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Beer Day 7 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Things That Start With "B" [A] 10:00 Bingo! 10:30 Pet Therapy with Jim and Chico 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Aloha Stadium 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Zoo Lover's Day 8 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Music with Roy Hamada [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Rainbows and Glitter National Unicorn Day 9 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "The Unicorn" by the Irish Rovers [A] 10:00 Halli'a Best Friend of the Month: "Campfire" Sing-a-Long! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirts National Cinnamon Crescent Day 10 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Game: Word Ladder [A] 10:00 New Hope Church Service [T] 10:00 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Balloon Swat Volleyball [A] 2:00 Cooking Demonstration: Cinnamon Crescents [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Barbershop Quartet Day 11 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Hangman- Songs 10:00 Improv: Barbershop Quartet Performance in the Park! 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Sensory Stroll and Color Scavenger Hunt [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Licorice Day 12 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Craft: Painting with Licorice [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Tapioca Pudding [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Shirts with Words National Scrabble Day 13 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Chinese Calligraphy with Ina Chang [A] 11:00 Game: Bananagrams! [A] 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Dolphin Day 14 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Things That Start With "D" [A] 10:00 Pet Therapy with Kaia and Noah [A] 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Documentary: Giants of the Deep Blue (2018) D+ 2:00 Hula with Kumu Sallie [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Titanic Remembrance Day 15 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Pajama Day National Wear Your Pajamas to Work Day 16 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Pajama Party" by Annette Funicello [A] 10:00 Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Yoga 1:00 Best Friend of the Month: Hot Fudge Ice Cream Pie [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>International Haiku Poetry Day 17 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Game: 9 Letter Square 9:45 Sightseeing: South Shore Beaches 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Strength, Balance and Tone with Daniel 1:00 YouTube Karaoke Sing Along [A] 2:00 Writing Haiku Poetry 2:30 Sensory Stroll Outside [HT] 3:15 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Animal Crackers Day 18 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Hangman- Circus Animals [A] 10:00 Learn to Draw: Circus Animals [A] 10:00 Pet Therapy with Wes Koga [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:00 Improv: At the Circus! [A] 2:30 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Garlic Day 19 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 John Freitas Piano Performance [A] 10:00 Plaza Sing-a-Long [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Creamy Garlic Pasta [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirts National Look Alike Day 20 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Photo Booth: Take Twinning Pictures! [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Chocolate Covered Cashews Day 21 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Things That Start With "C" [A] 10:30 Performance: Keepin' It Real Barbershop Quartet [A] 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Kaneohe 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Blue and Green Shirts Earth Day 22 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Sing-a-long with Sandy and Gordon [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Cherry Cheesecake Day 23 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Cheesecake" by Louis Armstrong [A] 10:00 Halli'a Best Friend of the Month: Math Games! 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Salsa 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Travel Shirts National Bucket List Day 24 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Game: Farmer's Cat 10:00 New Hope Church Service [T] 10:00 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Twister Toss [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Telephone Day 25 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Hangman- Electronic Devices [A] 10:00 Legos [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Pretzel Day 26 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Play Doh Pretzels 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Beer Cheese Sauce [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Babe Ruth Day 27 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Improv: At the Baseball Game! [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>Dress Day: Superhero Shirts National Super Hero Day 28 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Things That Start With "S" [A] 10:00 Sticker Craft: Hello, Spring! [A] 10:30 Pet Therapy with Jim and Chico [A] 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Learn to Draw: Superheroes! [A] 2:00 Hula with Kumu Sallie 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Shrimp Scampi Day 29 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Bingo [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:15 Horseshoes 2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirts National Raisin Day 30 7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Tutti Frutti" by Little Richard [A] 10:00 Trivia [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Zumba 1:00 Halli'a Best Friend of the Month: Chicken and Dumplings [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<div style="text-align: center;"> Health & Fitness Shuttle Special Event </div> <div style="text-align: center; margin-top: 20px;"> <h2>Location Keys</h2> <p>Activity Room A Hoku Terrace HT Theater T</p> </div>			