

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Location Keys

-  **Health & Fitness**
-  **Shuttle**
-  **Special Event**

- Activity Room A**
- Hoku Terrace HT**
- Living Room L**
- Theater T**



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| <p>National Friendship Day 4</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:30 Kupuna Care with Hawaii Jaycees: Lei-Making Craft! [A] 10:30 Things That Start With "F" [A] 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Ring Toss to 50's 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: Nautical Shirts 5</p> <p>National Oyster Day</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Volunteer to Donate Succulent Gardens for Project Swimmy! [A] 10:30 Pearl Beaded Bracelets [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 Root Beer Float Day 6</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:30 SONG OF THE DAY: "Root Beer Rag" by Billy Joel [A] 10:00 Hali'a Best Friend of the Month: Surfing Videos 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Zumba [A] 1:00 Mini Pulelehua Stations [A] 2:05 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 Raspberries n' Cream Day 7</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:45 Sightseeing: Olomana 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Lacing Cards, Jigsaw Puzzles and Coloring [A] 1:00 Strength, Balance and Tone with Daniel 2:00 Craft: Fruit Collage [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p> | <p>International Mah Jong Day 1</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman - Types of Flower [A] 10:00 Buddhist Service with Moiliili Hongwanji [T] 10:00 Game: Blackjack [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 Ice Cream Sandwich Day 2</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Mini Pulelehua Stations [A] 10:00 Music with Dean Hirata [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Mini Ice Cream Sandwiches [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: Pink Shirts 3</p> <p>National Watermelon Day</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Painting: Watercolor Watermelons! [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>Play in the Sand Day 11</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:30 Kupuna Care with Hawaii Jaycees: Lantern Craft! [A] 10:30 Things That Start With "R" [A] 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Koko Marina 2:00 Ring Toss to Hawaiian 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: Favorite Band Shirts 12</p> <p>National Vinyl Record Day</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 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>International Lefthanders Day 13</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:30 SONG OF THE DAY: "I Will" by The Beatles [A] 10:00 Hali'a Best Friend of the Month: Rod Stewart Greatest Hits! [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Boxing [A] 1:00 Mini Pulelehua Stations [A] 2:05 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 Creamsicle Day 14</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 10:00 New Hope Church Service [T] 10:00 Sing Along [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Puzzles and Matching [A] 2:00 Painting: Watercolor Popsicles [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p> | <p>Dress Day: Comfy Shirts 15</p> <p>National Relaxation Day</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Hangman - Sports 10:00 Mindful Coloring Mandalas [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] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p> | <p>National Tell a Joke Day 16</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 YouTube Comedy Hour: Best of Frank Delima [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Mini Pulelehua Stations [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>World Honeybee Day 17</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Improv: We are Beekeepers! [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 Fajita Day 18</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:30 Kupuna Care with Hawaii Jaycees: Ukulele Sing-Along! [A] 10:00 Honolulu Blend Show Chorus [L] 10:30 Things That Start With "F" [A] 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Improv: We Run a Taco Truck! 2:00 Ring Toss to Mexican 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 Potato Day 19</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Game: Hot Potato [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 20</p> <p>National Bacon Lovers Day</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:30 SONG OF THE DAY: "Swing on a Star" by Bing Crosby [A] 10:00 Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Salsa [A] 1:00 Mini Pulelehua Stations [A] 2:05 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 Senior Citizen's Day 21</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:45 Sightseeing: Sandy Beach 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Strength, Balance and Tone with Daniel 1:15 Legos [A] 2:00 Parachute [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p> | <p>Dress Day: Red Shirts 22</p> <p>National Bao Day</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Brain Quest 2 [A] 9:15 Hangman - Foods 10:00 Craft: Fork-Painting Panda [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 Cuban Sandwich Day 23</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Mini Pulelehua Stations [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Cuban Arroz Congri [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 Waffle Day 24</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Improv: At the Diner [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 Banana Split Day 25</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:30 Kupuna Care Project with Hawaii Jaycees: Senior Relay Race! [A] 10:00 Pet Therapy with Kaia and Noah [A] 10:30 Things That Start With "B" [A] 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Sand Island 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 Dog Day 26</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 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>Dress Day: Sparkly or Glittery Shirts 27</p> <p>National Just Because Day</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 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 Thoughtful Day 28</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 10:00 New Hope Church Service [T] 10:00 Sing Along [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Write Letters to a Friend! [A] 2:00 Game: Let's Go Fishing! [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p> | <p>National Chop Suey Day 29</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Hangman - Local Foods [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>Dress Day: Plaza Shirts 30</p> <p>National College Colors Day</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:30 Pet Visit: Jim and Chico [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Craft: College Colors Collage [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 Trail Mix Day 31</p> <p>7:00 BREAKFAST Newspaper Current Events Discussion [A] 8:15 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Craft: Beaded Bracelets [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> |