

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



♥ Health & Fitness
 🚗 Shuttle
 ★ Special Event

<p>National International Ninja Day 5</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 ♥ Morning Exercise 9:15 Things That Start With "N" 10:00 SWAT Balloon Volleyball with Country Songs 11:00 LUNCH 12:45 Sightseeing: Lanikai Beach 1:00 ♥ Chair Yoga with Sherry Zak Morris 2:00 Drums Alive! 2:45 Plaza Sing A Long 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER 9:15 ♥ Morning Exercise</p>	<p>National Microwave Oven Day 6</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 ♥ Morning Exercise 9:30 Hangman: December Is Here 10:00 ★ Music with Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:15 Mini Pulelehua Stations 2:30 Bean Bag Toss 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Patriotic Colors 7</p> <p>National Pearl Harbor Remembrance Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 TOPIC OF THE MONTH: Favorite Christmas Memories Pearl Harbor Trivia/ A Tour Of Historic Pearl Harbor (YT) 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations 2:00 Afternoon Stroll Outdoors 2:30 Patriotic Sing-a-long 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Pie Day 1</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 Hangman: Flavors of Pies 9:45 Sightseeing: Ewa Beach 10:00 Bingo 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:15 Cooking Demo: Apple Fritters 2:00 Horseshoes 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Fritters Day 2</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Would You Rather...and Why? 10:00 ★ Buddhist Service with Moiliili Hongwanji [T] 10:00 Hali'a Best Friend of the Month: Craft: Popsicle Stick Ornaments 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Lawn Darts 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Bartender Day 3</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Brain Quest 2 10:00 Cooking Demo: Christmas Mocktails 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 Bowling 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Polka Dots 4</p> <p>National Dice Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 8:45 Sightseeing: Kakaako Art District 9:15 Simple Mathematics and Spelling Bee 10:00 Happy Hanukka: Dreidel Game and the History of Hanukka 11:00 LUNCH 12:30 Tea Time 1:00 Lacing Cards and Sorting Cards 2:00 Afternoon Stroll Outdoors 2:45 Christmas Carol Charades 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National International Ninja Day 5</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 ♥ Morning Exercise 9:15 Things That Start With "N" 10:00 SWAT Balloon Volleyball with Country Songs 11:00 LUNCH 12:45 Sightseeing: Lanikai Beach 1:00 ♥ Chair Yoga with Sherry Zak Morris 2:00 Drums Alive! 2:45 Plaza Sing A Long 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER 9:15 ♥ Morning Exercise</p>	<p>National Microwave Oven Day 6</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 ♥ Morning Exercise 9:30 Hangman: December Is Here 10:00 ★ Music with Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:15 Mini Pulelehua Stations 2:30 Bean Bag Toss 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Patriotic Colors 7</p> <p>National Pearl Harbor Remembrance Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 TOPIC OF THE MONTH: Favorite Christmas Memories Pearl Harbor Trivia/ A Tour Of Historic Pearl Harbor (YT) 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations 2:00 Afternoon Stroll Outdoors 2:30 Patriotic Sing-a-long 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Brownie Day 8</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Famous Places (Dropbox) 9:45 Sightseeing Waimanalo 10:00 Bingo 10:00 Food Craft: Reindeer Brownies 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) 2:00 Twister Toss 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Christmas Card Day 9</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Finish That Line (Christmas Songs) 10:00 Hali'a Best Friend of the Month: Craft: Making Christmas Cards 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Ring Toss 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirt 10</p> <p>National Nobel Prize Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Finish That Line! 10:00 Rocking Around the Christmas Tree (Decorating) 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 Parachute 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National App Day 11</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 8:45 Sightseeing: Kahala 9:15 Would You Rather...? And Why? 10:00 ★ Music with Dean Hirata 11:00 LUNCH 12:30 Tea Time 1:00 Lacing Cards and Sorting Cards 2:00 Afternoon Stroll Outdoors 2:30 Horseshoes 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Poinsettia Day 12</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 ♥ Morning Exercise 9:30 Things That Start With "P" 10:00 Paper Puzzles and Watercolor 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris 1:00 Craft: Poinsettias 2:45 Plaza Sing A Long 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Cocoa Day 13</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 ♥ Morning Exercise 9:30 Brain Quest 2 10:00 ★ Bagpipe Performance by Greg Kim [HT] 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:15 Craft: Gingerbread People 2:00 Sensory Time: Hot Cocoa with Side Treats 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Monkey Day 14</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 TOPIC OF THE MONTH: Christmas Memories of Your Children Growing Up 9:45 Sightseeing: Pearlridge 10:00 Baking Demo: Cinnamon Monkey Bread 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations 2:00 Afternoon Stroll Outdoors 2:30 Plaza Rhythm Band 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Cupcake Day 15</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Pidgin English Christmas Carol Guesses 9:45 Sightseeing: Pearlridge 10:00 Bingo 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Nails and Watercolor 2:00 Mini Pulelehua Stations 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Chocolate Covered Anything Day 16</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Opposites Attract 10:00 Catholic Service with St. Augustine Church by the Sea [T] 10:00 Hali'a Best Friend of the Month: Baking Demo: Chocolate Surprise 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Bowling 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Your Ugly Christmas Sweater 17</p> <p>National Ugly Christmas Sweater Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Morning Exercise 9:45 Baby, It's Cold Outside! 10:00 Craft: Oh Christmas Tree, Oh Christmas Tree (Ornament) 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 Christmas Games 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Wreaths Across America Day 18</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 8:45 Sightseeing: Punchbowl 9:15 Would You Rather...? And Why? 10:00 Craft: Christmas Wreath Door Hanger 11:00 LUNCH 12:30 Tea Time 1:00 Lacing Cards and Sorting Cards 2:00 Afternoon Stroll Outdoors 2:30 Christmas Charades 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Hard Candy Day 19</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 ♥ Morning Exercise 9:15 Finish That Christmas Song! 10:00 ★ Holiday Christmas Program [L] 11:00 LUNCH 12:45 Sightseeing: Lagoon Drive Airport 1:00 ♥ Chair Yoga with Sherry Zak Morris 2:00 Balloon Volleyball with Christmas Music 2:45 Plaza Sing A Long 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Your Xmas Pajamas 20</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 ♥ Morning Exercise 9:30 Hangman: 'Twas the Night Before Christmas" 10:00 ★ Music with Hank the Singing Dutchman [HT] 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:15 Bean Bag Toss 2:00 Sensory Time: Singing Christmas Carols 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Tinsel Tuesday 21</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 TOPIC OF THE MONTH: Christmas Memories: Household Traditions 9:45 Cooking Demo: Chocolate Dipped Pretzel Rods 10:00 LUNCH 11:00 Medical Transportation 12:00 Mini Pulelehua Stations 1:30 ★ Christmas Piano Recital with Maegan and Kaeden Lee via Zoom [A] 2:00 Afternoon Stroll Outdoors 2:30 Plaza Rhythm Band to Xmas Jingles 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Winter Whiteout Wednesday 22</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Hangman: It's Beginning To Look A Lot Like Christmas 9:45 Sightseeing: Aiea Loop Trail 10:00 Bingo 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) 2:00 Christmas Fun and Games 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER 5:30 Sightseeing: Christmas Lights Night Ride</p>	<p>Dress Day: Wear Christmas Accessories 23</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 Newspaper Shopping: Planning for Christmas Dinner 10:00 Hali'a Best Friend of the Month: Cooking: Aileen's Favorite Foods 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Hanapa'a (Let's Go Fishing) 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Ugly Christmas Sweaters 24</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Christmas Trivia 10:00 Christmas Drums Alive! 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 Christmas Hula 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Wear Red or Green Shirt 25</p> <p>Merry Christmas</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 8:45 Sightseeing: Honolulu Hale and Downtown 9:15 Name That Christmas Carol 10:00 Christmas Games 10:30 New Hope Christmas Church Service [A] 11:00 LUNCH 12:30 Tea Time 1:00 Lacing Cards and Sorting Cards 2:00 Afternoon Stroll Outdoors 2:30 Christmas Sing-a-long 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Candy Cane Day 26</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 ♥ Morning Exercise 9:30 Simple Mathematics and Spelling Bee 10:00 Paper Puzzles and Watercolor 11:00 LUNCH 1:00 ♥ Chair Yoga with Sherry Zak Morris 2:00 Ring Toss 2:45 Plaza Sing A Long 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Fruitcake Day 27</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 ♥ Morning Exercise 9:30 Finish That Line! 10:00 Mini Pulelehua Stations 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:15 Horseshoes 2:00 Sensory Time: Fruitcake-Friend or Foe? 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Card Playing Day 28</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:30 TOPIC OF THE MONTH: Christmas Memories- Favorite Christmas Song or Movie 10:00 Blackjack 11:00 LUNCH 12:00 Medical Transportation 12:30 Mini Pulelehua Stations 2:00 Afternoon Stroll Outdoors 2:30 Kari Says 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Tick Tock Day 29</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 Hangman: New Year's Foods 9:45 Sightseeing: Patsy Mink Regional Park 10:00 Bingo 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Nails and Watercolor 2:00 Mini Pulelehua Stations 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirts 30</p> <p>National Bacon Day</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:30 Morning Exercise 9:15 How We Celebrate New Years in Different Parts of the World 9:15 Hali'a Best Friend of the Month: Craft: Kadamatsu to Welcome 2022 10:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Bean Bag Toss 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>New Year's Eve 31</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion 8:45 Morning Exercise 9:15 What's Your New Year's Resolution? 10:00 Cooking Demo: Yakisoba 11:00 LUNCH 12:45 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 SWAT Balloon Volleyball 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Location Keys</p> <p>Activity Room A Hoku Terrace HT Living Room L Theater T</p>