December 2023		Y V		*		
Independent and As	sisted Living Monthly			***	AND THE STATE OF T	created with COCIU
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December cont'd New Years Eve				Sign up for clubs,	National Day With(out) Art 9:00 ♥ Morning Exercise	National Fritters Day 9:00 ♥ Morning Exercise 2
8:00 Church Services - Bus Drop-Offs 9:00 Morning Exercise 1 9:00 Unescorted Errand Ride - Long's or Safeway 10:00 Morning Exercise 2 10:30 Unescorted Errand Ride - Long's or Safeway 11:00 Table Game - Hanafuda [A] 11:00 Word of Life Christian Online Service [T] 1:00 Jeopardy Hour! [A] 2:00 Outdoor Stroll 3:00 Game- Balloon Volleyball [A] 4:00 Movie Matinee: "The Willoughbys" [T]	*All activities are subject to change without notice*	ExcursionsMoviePhysical☆ Special Events	[A] Activity Room [T] Theater Media [B] Bistro [P] Patio	outings, and special events with ConciergeVan Departures Please meet in the lobby 15 minutes prior to all van departures	10:00 Morning Exercise 2 11:00 Game- Bean Bag Toss [A] 1:00 Jeopardy Hour! [A] 2:00 Outdoor Stroll 3:00 BINGO [A] 4:00 Arts & Crafts- Lei Making for Performers [A]	10:00 Morning Exercise 2 11:00 Table Game- Staxis [A] 1:00 Arts & Crafts- Christmas Card Making [A] 2:00 Outdoor Stroll 3:00 Table Game - Mad Libs 5:30 Holiday Puzzle Night! [A]
World Trick Shot Day 8:00 Church Services - Bus Drop-Offs 9:00 Morning Exercise 1 9:00 Morning Exercise 1 9:00 Morning Exercise 2 10:30 Morning Exercise 2 10:30 Morning Exercise 2 10:30 Morning Exercise 2 11:00 Morning Exercise 2 11:00 Jenescorted Errand Ride - Long's or Safeway 11:00 Table Game - Dominoes [A] 11:00 Jeopardy Hour! [A] 2:00 Outdoor Stroll 3:00 Table Game - Scrabble 4:00 Movie Matinee: Home Alone [T]	9:00 ❤ Morning Exercise 1 10:00 ❤ Morning Exercise 2 11:00 Game - Target Toss 1:00 Art Therapy- Angel painting [A] 1:30 ➡ 30-Min Scenic Ride - Aiea State Park 2:00 ❤ Outdoor Stroll 3:00 BINGO [A] 4:00 Around the World Mondays- New York	2:00 Afternoon Stretch [A] 3:00 Beautiful YOU Nail Painting [A] 4:00 Movie Matinee: "13 going on 30"	National Microwave Oven Day 9:00 ☐ 1-Hr Scenic Bus Ride - Kaneohe 9:00 ❤ Morning Exercise 1 10:00 ❤ Morning Exercise 2 11:00 Game - Bean Bag Toss [A] 1:00 Outdoor Cruising 1:30 ☐ Unescorted Errand Ride - Long's Pearl City 2:00 ❤ Outdoor Stroll 3:00 BINGO [A] 6:00 Resident Bible Study	9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Table Game - Left, Right, Center [A] 1:00 Game- Mini Golf [A] 1:30 Unescorted Errand Ride - Times Waimalu 2:00 All Staff Meeting [A] 3:00 Sing Along Serenading [A] 4:00 Movie Matinee: "Attack on Pearl Harbor 2021" [T]	National Brownie Day 9:00 ♥ Morning Exercise 1 10:00 ♥ Morning Exercise 2 11:00 Game - Balloon Volleyball [A] 1:00 Jeopardy Hour! [A] 2:00 ♥ Outdoor Stroll 3:00 BINGO [A] 4:00 Arts & Crafts- Lei Making for Performers [A]	National Pastry Day 9:00 ♥ Morning Exercise 1 10:00 ♥ Morning Exercise 2 11:00 ♥ Zumba Gold with Annette [A] 1:00 Game - Horseshoe Toss [A] 2:00 ♥ Outdoor Stroll 3:00 Arts & Crafts - Snowflake Clings [A] 5:30 Holiday Puzzle Night! [A]
National Nobel Prize Day 8:00 Church Services - Bus Drop-Offs 9:00 Morning Exercise 1 9:00 Unescorted Errand Ride - Long's or Safeway 10:00 Morning Exercise 2 10:30 Unescorted Errand Ride - Long's or Safeway 11:00 Word of Life Christian Online Service [T] 11:00 ★ Christmas Performance by Honolulu Blend Chorus [A] 2:00 Outdoor Stroll 3:00 Jeopardy Hour! [A] 4:00 Movie Matinee: "Somebody feed Phil" [T]	National App Day 9:00 Morning Exercise 1 10:00 Inspirational Music with Wally Brown [A] 11:00 Art Therapy- Christmas Tree Drawing [A] 1:30 30-Min Scenic Ride - Sand Island Park 2:00 Outdoor Stroll 3:00 BINGO [A] 4:00 Around the World Mondays- Machu Picchu	National Ambrosia Day 9:00 ❤ Morning Exercise 1 10:00 ❤ Morning Exercise 2 11:00 Game - Bean Bag Knockdown [A] 1:00 Jeopardy Hour! [A] 2:00 ☆ Hank the Singing Dutchman [A] 3:00 Gardening Club- Leaf Printing [A] 3:00 Technology Hour - Jo Mau [B] 4:00 ❤ Movie Matinee: "Documentary: Chasing Coral" [T]	National Cocoa Day 9:00 1-Hr Scenic Bus Ride - Waialae Iki 9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Outdoor Stroll 1:30 Unescorted Errand Ride - Marukai 2:00 Performance by Roy Hamada [A] 3:00 BINGO [A] 5:00 Christmas Caroling by First Assembly of God [A] 6:00 Resident Bible Study	12 Days of Christmas: Wear Christmas Pajamas 9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Pet Therapy with Chico 1:00 Ukulele Jam [A] 1:30 Unescorted Errand Ride - Waimalu Shopping Center 2:00 Outdoor Stroll 3:00 Arts & Crafts- Jewelry Beading [A] 4:00 Movie Matinee: "When Harry Met Sally" [T]	12 Days of Christmas: Wear as much WHITE as you can 9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Game- Ladderball 1:00 Jeopardy Hour! [A] 2:00 Christmas Ornament Craft -	12 Days of Christmas: Wear a Favorite Hat or Hair Accessory 9:00 ♥ Morning Exercise 1 10:00 ★ Christmas Caroling Performance [A] 11:00 Game- Duck Hunting [A] 1:00 Game- Can Knockdown 2:00 ♥ Outdoor Stroll 3:00 Jeopardy Hour [A] 4:00 ★ Christmas Carolers - Red Hill Elementary [L]
12 Days of Christmas: Wear Tinsel 8:00 Church Services - Bus Drop-Offs 9:00 Morning Exercise 1 9:00 Unescorted Errand Ride - Long's or Safeway 10:00 Morning Exercise 2 10:30 Unescorted Errand Ride - Long's or Safeway 11:00 Table Game - Monopoly [A] 11:00 Word of Life Christian Online Service [T] 1:00 Jeopardy Hour! [A] 2:00 Outdoor Stroll 3:00 Game- Basketball [A] 4:00 Movie Matinee: "The Santa Clause"	12 Days of Christmas: Crazy Festive Hair Day 9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Table Game - Hover Hockey [A] 1:00 Art Therapy- Gingerbread Man Coloring [A] 1:30 30-Min Scenic Ride - Palama 2:00 Outdoor Stroll 3:00 BINGO [A] 4:00 Around the World Mondays- Paris	9:00 Morning Exercise 1 10:00 Christmas Caroling by The Christian Academy [A] 10:00 Morning Exercise 2 11:00 Table Game - Wheel of Fortune [A] 1:00 Jeopardy Hour! [A] 2:00 Resident Council [A] 3:00 Game - Mini Golf [A] 4:00 Movie Matinee: "The Santa Clause 2"	12 Days of Christmas: Incorporate Ribbon in your Outfit 9:00 ☐ 1-Hr Scenic Bus Ride - Kahala 9:00 ❤ Morning Exercise 1 10:00 ❤ Morning Exercise 2 11:00 Game - Connect 4 1:00 Game - Horseshoe Toss [A] 1:30 ☐ Unescorted Errand Ride - Ross Store 2:00 ❤ Outdoor Stroll 3:00 BINGO [A] 6:00 Resident Bible Study	9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Table Game - Hanafuda [A] 1:00 Game - Ladder Ball [A] 1:30 Escorted Excursion- Moanalua Gardens 2:00 Outdoor Stroll	12 Days of Christmas: Wear as much GREEN as you can 9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Game- Nerf Poker [A] 1:00 Jeopardy Hour! [A] 2:00 Outdoor Stroll 3:00 BINGO [A] 4:00 Arts & Crafts- Lei Making for Performers [A]	12 Days of Christmas: Wear a Festive Accessory or Jewelry 9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Table Game - Hanafuda [A] 1:00 Game - Corn Hole Toss [A] 2:00 Outdoor Stroll 3:00 Table Game - Hanafuda [A] Holiday Puzzle Night! [A]
12 Days of Christmas: Wear your Favorite Flannel Happy Christmas Eve 8:00 Church Services - Bus Drop-Offs 9:00 Morning Exercise 1 9:00 Unescorted Errand Ride - Long's or Safeway 10:00 Morning Exercise 2 10:30 Unescorted Errand Ride - Long's or Safeway 11:00 Horscorted Errand Ride - Long's or Safeway 11:00 Word of Life Christian Online Service [T] 1:00 Jeopardy Hour! [A] 2:00 Outdoor Stroll 3:00 Game- Skeeball [A] 4:00 Movie Matinee: "Noelle"	12 Days of Christmas: Wear an Ugly Sweater *Merry Christmas* 9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Puzzle Time [A] 1:00 Arts & Crafts- Sprinkler Firework Craft [A] 2:00 Outdoor Stroll 3:00 BINGO [A] 4:00 Around the World Mondays-Philippines	National Candy Cane Day 9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Game - Dartball [A] 1:00 Jeopardy Hour! [A] 2:00 Afternoon Stretch [A] 3:00 Gardening Club- Spice Painting 3:00 Technology Hour - Jo Mau [B] 4:00 Movie Matinee: "Shazam"	National Fruitcake Day 9:00 1-Hr Scenic Bus Ride - Wahiawa 9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Game - Balloon Volleyball [A] 1:00 Ukulele Jam [A] 1:30 Unescorted Errand Ride - Wholesale Unlimited 2:00 Outdoor Stroll 3:00 BINGO [A] 6:00 Resident Bible Study	National Card Playing Day 9:00 ♥ Morning Exercise 1 10:00 ♥ Morning Exercise 2 11:00 Pet Therapy with Chico [A] 1:00 Game - Bean Bag Toss [A] 1:30 ➡ Unescorted Errand Ride - Don Quijote/Hmart 2:00 ☆ Birthday Bash with Dean Hirata [A] 3:00 Ukulele Jam [A] 4:00 ♥ Movie Matinee: "National Geographic: Lake of Fire"	National Tick Tock Day 9:00 ♥ Morning Exercise 1 10:00 ♥ Outdoor Stroll 10:30 ☆ Performance by Kalihi Union Church [A] 1:00 Jeopardy Hour! [A] 2:00 ♥ Afternoon Stretch [A] 3:00 BINGO [A]	National Bacon Day 9:00 Morning Exercise 1 10:00 Morning Exercise 2 11:00 Table Game- I SPY, Dig in! [A] 1:00 Game- Dartball [A] 2:00 Zumba Gold with Annette [A] 3:00 Holiday Dinner [3-5pm]