

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hula In The Coola Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:15 ✡ Live Stream: New Hope Video Service 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>World Play Ukulele Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 11:00 ✡ Buddhist Services 12:30 ★ Lunch 1:30 🎵 Music & Movement 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>American Painter's Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:30 🎵 Silent Disco: Hawaii Dance Bomb 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>Sweater Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:30 🎵 Music Performance: Ola 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>World Read Aloud Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>Pay-a-Compliment Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:30 🌱 Sweet-Tarts Heart Saying Wall 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>National Wear Red Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:30 ✡ Victory Hawaii Church Bingo 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 4:30 ✡ Catholic Mass 5:30 ★ Dinner
<b>Superbowl Sunday</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:15 ✡ Live Stream: New Hope Video Service 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 🎂 Birthday Celebration 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>Laugh and Get Rich Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:15 ✡ Live Stream: New Hope Video Service 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 🎂 Birthday Celebration 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>Teddy Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:30 🎵 Kupuna Ministries with Jon Koki 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>Make A Friend Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>Latern Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:30 🌱 Lunar New Years Lanterns 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>World Radio Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:30 🎵 Music Performance: Hank the Singing Dutchman 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>Valentine's Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:30 ✡ Victory Hawaii Church Bingo 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner
<b>National Gumdrop Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:15 ✡ Live Stream: New Hope Video Service 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>Presidents' Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 12:15 🎵 Chinese Lion Dance 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>National Random Act of Kindness Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>National Drink Wine Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 12:30 ★ Lunch 10:30 🎵 Music Performance: Sanford Lee 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>National Tug-of-War Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 12:30 ★ Lunch 10:30 🎵 Music Performance: Hui Malama 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>National Comfy Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>National Caregivers Day</b> 8:30 ★ Breakfast 9:30 🎵 BYUH Event 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner
<b>National Walking The Dog Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:15 ✡ Live Stream: New Hope Video Service 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>National Play Tennis Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:30 🎵 Music Performance: Mellow Friends 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>World Bartender Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 10:30 🎵 Music Performance: Roy Hamada 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>National Quiet Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:30 🎵 Music Performance: Violinist Peter 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>Carpe Diem Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🎵 Music Performance: Aaron Cui 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner 6:30 ❤ Alzheimer's Support Group	<b>National Skip The Straw Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:30 🎵 Hula and Music: Na Kupuna O Ko'olau 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner	<b>National Tooth Fairy Day</b> 8:30 ★ Breakfast 10:00 🌱 Plaza Seated Strength Training 10:15 🌱 Gazebo Fun 12:30 ★ Lunch 2:00 🌱 Afternoon Strolls / Gazebo Activities 3:00 ★ Room Visits 4:00 🌱 Hydration Break & Stretching 5:30 ★ Dinner

ACTIVITIES  
ARE SUBJECT  
TO CHANGE



"My funny  
valentine  
Sweet comic  
valentine  
You make me smile  
with my heart"

- ✿ Arts / Crafts
- ✿ celebrations
- ✿ Exercise / Physical Activity
- ✿ Family Event / Support Group
- ✿ Games
- ✿ Gardening / Outdoor Visit
- ✿ Hydration Program
- ✿ Meditation / Mindfulness
- ✿ Music / Special Entertainment
- ✿ One-on-One
- ✿ Plaza Life Fitness
- ✿ Religious / Spiritual Programs
- ✿ volunteerism / Community Service