


January 2024 Hali'a						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div><div>Dress Day: Sparkles and Glitter New Year's Day</div><div>1</div><div>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 Yahtzee! [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</div></div>	<div><div>National Cream Puff Day</div><div>2</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:30 SONG OF THE DAY: "Cream Puff" by Johnny Nash [A] Hank the Singing Dutchman [HT] 10:00 LUNCH 12:00 Medical Transportation Chair Yoga with Sherry Zak Morris [A] 12:30 Hali'a Best Friend of the Month: Enjoy some Japanese Snacks while learning about the Koto! Craft: Paper Cardinals 2:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>National Drinking Straw Day</div><div>3</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:15 Brain Games: 9 Square [A] 9:45 🚶 Sightseeing: Maunawili 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Craft: Drinking Straw Flower Leis [A] 1:00 ♥ Strength, Balance and Tone with Daniel 2:00 Balloon Swat Volleyball 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>Dress Day: School Shirts National Trivia Day</div><div>4</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 ♥ Morning Exercise [A] 9:15 Hangman- State Capitals 10:00 ★ Buddhist Service with Moilili Hongwanji [T] 10:00 Trivia Challenge! 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</div></div>	<div><div>National Whipped Cream Day</div><div>5</div><div>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 Blackjack 10:00 Music with Dean Hirata 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Pineapple Dream [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</div></div>	<div><div>National Bean Day</div><div>6</div><div>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] 9:45 Plant Bean Sprouts [A] 10:00 Improv: On the Farm! [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</div></div>
<div><div>National Tempura Day</div><div>7</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:30 Things That Start With "T" [A] 10:00 Cooking Activity: Japanese Fruit Sandwiches 10:00 Pet Therapy with Jim and Chico [A] 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Waimalu 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</div></div>	<div><div>Dress Day: Argyle National Argyle Day</div><div>8</div><div>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 10:00 Table Games: Blackjack 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</div></div>	<div><div>National Law Enforcement Appreciation Day</div><div>9</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:30 SONG OF THE DAY: "Jailhouse Rock" by Elvis Presley [A] Hali'a Best Friend of the Month: Midnight Diner, Tokyo Stories 10:00 LUNCH 12:00 Medical Transportation Chair Yoga 12:30 Mini Pulelehua Stations [A] 2:20 ♥ Sensory Stroll Outdoors [HT] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>Dress Day: Plaza Shirts Houseplant Appreciation Day</div><div>10</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:15 Brain Game: Memory Tray 10:00 Craft: Snow Globes 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Houseplant Coloring Pages [A] 2:00 Blackjack Toss 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>National Milk Day</div><div>11</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 ♥ Morning Exercise [A] 9:15 Hangman- Farm Animals 10:00 Bingo 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</div></div>	<div><div>National Hot Tea Day</div><div>12</div><div>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 Twister Toss 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Genmaicha Pilaf [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</div></div>	<div><div>National Rubber Duckie Day</div><div>13</div><div>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 Rubber Duckie Decorating [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</div></div>
<div><div>National Hot Pastrami Sandwich Day</div><div>14</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:30 Things That Start With "P" [A] 10:00 Group Creative Writing: We Own a Deli! 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 Charades 2:00 Ring Toss to Jazz Music [A] 2:45 Plaza Sing A Long [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>Martin Luther King Jr. Day</div><div>15</div><div>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</div></div>	<div><div>National Fig Newton Day</div><div>16</div><div>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 ♥ Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation Chair Tai Chi 12:30 Mini Pulelehua Stations [A] 2:20 ♥ Sensory Stroll Outdoors [HT] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>Betty White Day</div><div>17</div><div>Dress Day: Wear White 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: Waikiki/Kapahulu/Kaimuki 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Craft: Paper Plate Arctic Fox [A] 1:00 ♥ Strength, Balance and Tone with Daniel 2:00 Balloon Swat Volleyball 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>National Winnie The Pooh Day</div><div>18</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 ♥ Morning Exercise [A] 9:15 Hangman- Winnie the Pooh Characters Learn to Draw Winnie the Pooh 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</div></div>	<div><div>National Popcorn Day</div><div>19</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:15 Movie Trivia [A] 10:00 Craft: Bubble Wrap Cherry Blossom Trees 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Popcorn Balls [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</div></div>	<div><div>Dress Day: Plaza Shirts National Disc Jockey Day</div><div>20</div><div>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 Golden Oldies YouTube Sing-Along [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Hawaii Music Academy: Elementary Music Students Performance [A] 2:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:20 ♥ Sensory Stroll Outdoors [HT] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>
<div><div>National Granola Bar Day</div><div>21</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:30 Things That Start With "G " [A] 10:00 Bingo! 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Neil Blaisdell Park 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</div></div>	<div><div>Dress Day: Red Shirts Hot Sauce Day</div><div>22</div><div>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 Mindful Coloring [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</div></div>	<div><div>National Pie Day</div><div>23</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:30 SONG OF THE DAY: "American Pie" by Don McLean [A] Hali'a Best Friend of the Month: Stroll to the Terrace with Japanese Music 10:00 LUNCH 12:00 Medical Transportation Chair Boxing 12:30 Cooking Demonstration: No-Bake Peanut Butter Pie Mini Pulelehua Stations [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>Dress Day: Most Flattering Shirt National Compliment Day</div><div>24</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:15 Hangman- Opposites 9:15 Brain Game: 9-Letter Square 10:00 Abstract Watercolor Art 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Craft: Paper Lanterns [A] 2:00 Pictionary 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>National Opposite Day</div><div>25</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30 ♥ Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Opposite Day Bingo 11:00 LUNCH 12:00 Medical Transportation 12:30 ♥ Chair Tai Chi [A] 1:00 Outdoor Stroll - Opposite Day Scavenger Hunt [A] 2:15 ♥ Bowling [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>National Peanut Brittle Day</div><div>26</div><div>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 Learn to Draw Peanuts Characters! [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Peanut Butter Parfait [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</div></div>	<div><div>National Chocolate Cake Day</div><div>27</div><div>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: Snowflake Scratch Art [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</div></div>
<div><div>Dress Day: Primary Colors International LEGO Day</div><div>28</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:30 Things That Start With "L " [A] 10:00 Legos 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 Improv: At School! 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</div></div>	<div><div>National Puzzle Day</div><div>29</div><div>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 Word Search and Paper Puzzles 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</div></div>	<div><div>Dress Day: Plaza Shirts National Croissant Day</div><div>30</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:30 SONG OF THE DAY: "If I Knew You Were Coming I'd've Baked a Cake" by Eileen Barton [A] Hali'a Best Friend of the Month: Japanese Food! 10:00 LUNCH 12:00 Medical Transportation Chair Salsa 12:30 Mini Pulelehua Stations [A] 2:20 ♥ Sensory Stroll Outdoors [HT] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>National Inspire Your Heart With Art Day</div><div>31</div><div>7:00 BREAKFAST 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45 ♥ Morning Exercise [A] 9:15 Brain Game: Word Ladders 9:45 🚶 Sightseeing: Wahiawa (Cherry Blossoms) 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Artists in Action: Group Collage [A] 2:00 Charades 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</div></div>	<div><div>♥ Health & Fitness</div><div>🚌 Shuttle</div><div>★ Special Event</div><div>Location Keys</div><div>Activity Room A</div><div>Hoku Terrace HT</div><div>Theater T</div></div>		