


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p></p>	<p><b>National Creative Ice Cream Day</b> <span style="float: right;">1</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00  <b>Hank the Singing Dutchman [A]</b> 11:00 <b>LUNCH</b> 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Wildland Firefighter Day</b> <span style="float: right;">2</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 SONG OF THE DAY: "Ring of Fire" by Johnny Cash [A] 10:00 Hali'a Best Friend of the Month: UH Sports Highlights Clips! [A] 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Zumba [A] 1:00 Mini Pulelehua Stations [A] 1:00 Ukulele Sing-a-Long with Jeremy [HT] 2:05  Afternoon Stretch [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Most Flattering Shirt</b> <span style="float: right;">3</span> <b>National Compliment Your Mirror Day</b></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Game: I'm Going on a Picnic [A] 9:45  Sightseeing: Makapu'u 10:00 New Hope Church Service [T] 11:00 <b>LUNCH</b> 12:45  Dancersize (Low Impact) [A] 1:00  <b>Strength, Balance and Tone with Daniel</b> 1:00 Zentangle Drawings [A] 2:00 Balloon Swat Volleyball [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Red, White and Blue</b> <span style="float: right;">4</span> <b>Independence Day</b></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Hangman- US States 10:00 <b>BBQ Party and Patriotic Sing-Along! [HT]</b> 10:00 Hand Massage [A] 11:00 <b>LUNCH</b> 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Hawaii Day</b> <span style="float: right;">5</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 <b>Music with Dean Hirata [A]</b> 10:00 Trivia [A] 11:00 <b>LUNCH</b> 12:45  Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Haupia [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Hand Roll Day</b> <span style="float: right;">6</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Legos [A] 11:00 <b>LUNCH</b> 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 <b>Kanikapila [T]</b> 2:20  Sensory Stroll Outdoors [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>
<p><b>National Strawberry Sundae Day</b> <span style="float: right;">7</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Things That Start With "S" [A] 10:30 Keepin' it Real Barbershop Quartet [A] 11:00 <b>LUNCH</b> 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Freezer Pop Day</b> <span style="float: right;">8</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 <b>Music with Roy Hamada [A]</b> 11:00 <b>LUNCH</b> 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Dimples Day</b> <span style="float: right;">9</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 SONG OF THE DAY: "Smile" by Nat King Cole [A] 10:00  <b>Buddhist Service with Moiliili Hongwanji [T]</b> 10:00 Hali'a Best Friend of the Month: Golden Oldies Sing-Along! [A] 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Plaza Shirts</b> <span style="float: right;">10</span> <b>National Kitten Day</b></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Game: Farmer's Cat [A] 10:00 New Hope Church Service [T] 10:00 <b>Pet Therapy with Wilma and Milo [A]</b> 11:00 <b>LUNCH</b> 12:45  Dancersize (Low Impact) [A] 1:00 Coloring Kittens! [A] 2:00 Twister Toss [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Mojito Day</b> <span style="float: right;">11</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Hangman- Drinks 10:00 Get to Know You Beach Ball Toss! [A] 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30  Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:00  <b>Volunteer to Make Succulent Gardens with Project Swimmy! [A]</b> 2:15  Bowling [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Paper Bag Day</b> <span style="float: right;">12</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Craft: Paper Bag Puppets [A] 11:00 <b>LUNCH</b> 12:45  Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Cookies [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Stripes</b> <span style="float: right;">13</span> <b>National Barbershop Music Appreciation Day</b></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Improv: At the Barbershop! [A] 11:00 <b>LUNCH</b> 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 <b>Kanikapila [T]</b> 2:20  Sensory Stroll Outdoors [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>
<p><b>National Tape Measure Day</b> <span style="float: right;">14</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Things That Start With "T" [A] 10:00 Craft: Make a Foam Visor! [A] 11:00 <b>LUNCH</b> 12:30  Chair Yoga with Sherry Zak Morris [A] 1:00 Drawing Time: Buildings and Architecture! [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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Give Something Away Day</b> <span style="float: right;">15</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Write Letters to Seniors! [A] 11:00 <b>LUNCH</b> 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Personal Chef Day</b> <span style="float: right;">16</span></p> <p>7:00 <b>BREAKFAST</b> 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] 10:00 Mini Pulelehua Stations [A] 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 New Event Name [A] 1:00 Hali'a Best Friend of the Month: Cook Japanese Food! [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Yellow Shirts</b> <span style="float: right;">17</span> <b>World Emoji Day</b></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:45  Sightseeing: Kailua Beach 10:00 New Hope Church Service [T] 11:00 <b>LUNCH</b> 12:45  Dancersize (Low Impact) [A] 1:00 Craft: Emoji Bracelets [A] 1:00  <b>Strength, Balance and Tone with Daniel</b> 2:00 Game: Let's Go Fishing! [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Get To Know Your Customer Day</b> <span style="float: right;">18</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Hangman- Names of Stores [A] 10:00 Improv: We Work at a Mall! 10:00 <b>Pet Therapy with Wes Koga [A]</b> 11:00 <b>LUNCH</b> 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Words With Friends Day</b> <span style="float: right;">19</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Group Crossword [A] 11:00 <b>LUNCH</b> 12:45  Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Alphabet Soup [A] 1:00 Pet Visit with Jim and Chico [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Plaza Shirts</b> <span style="float: right;">20</span> <b>National Fortune Cookie Day</b></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00  <b>Silent Disco [A]</b> 11:00 <b>LUNCH</b> 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 <b>Kanikapila [T]</b> 2:20  Sensory Stroll Outdoors [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>
<p><b>National Be Someone Day</b> <span style="float: right;">21</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Things That Start With "B" [A] 10:00 <b>Pet Therapy with Kaia and Noah [A]</b> 10:00 Sensory Hand Massages [A] 11:00 <b>LUNCH</b> 12:30  Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Koko Marina 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Aloha Wear</b> <span style="float: right;">22</span> <b>National Hammock Day</b></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00  <b>Sing-a-long with Sandy and Gordon [A]</b> 11:00 <b>LUNCH</b> 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Gorgeous Grandma Day</b> <span style="float: right;">23</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 SONG OF THE DAY: "I'm My Own Grandpa" by Willie Nelson [A] 10:00 Hali'a Best Friend of the Month: Spelling Bee! [A] 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Zumba [A] 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Cousins Day</b> <span style="float: right;">24</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Game: Memory Tray [A] 10:00 New Hope Church Service [T] 10:00 <b>Pet Therapy with Wilma and Milo [A]</b> 11:00 <b>LUNCH</b> 12:45  Dancersize (Low Impact) [A] 1:00 Sing Along with Suzie Q! [A] 1:45 Zentangle Art [A] 2:30 Balloon Swat Volleyball [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Refreshment Day</b> <span style="float: right;">25</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Hangman- Food and Drink [A] 10:00 Vintage Commercials - Nostalgia Watch! [A] 11:00 <b>LUNCH</b> 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Get Gnarly Day</b> <span style="float: right;">26</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Game: Let's Go Fishing! [A] 11:00 <b>LUNCH</b> 12:45  Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Beach Party Jello Cups [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Cowboy Shirts</b> <span style="float: right;">27</span> <b>National Day of the Cowboy Dress-Up Day</b></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:30  Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Learn to Draw a Cowboy! [A] 11:00 <b>LUNCH</b> 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 <b>Kanikapila [T]</b> 2:20  Sensory Stroll Outdoors [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>
<p><b>National Milk Chocolate Day</b> <span style="float: right;">28</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:30 Pet Visit with Jim and Chico [A] 11:00 <b>LUNCH</b> 12:30  Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Manoa 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Chicken Wing Day</b> <span style="float: right;">29</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Bingo! [A] 11:00 <b>LUNCH</b> 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 &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>Dress Day: Plaza Shirts</b> <span style="float: right;">30</span> <b>National Climb a Mountain Day</b></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:30 SONG OF THE DAY: "Climb Every Mountain" by Rogers and Hammerstein [A] 10:00 Hali'a Best Friend of the Month: Make Music Together! [A] 11:00 <b>LUNCH</b> 12:00 Medical Transportation 12:30 Chair Boxing [A] 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [HT] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p><b>National Mutt Day</b> <span style="float: right;">31</span></p> <p>7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion [A]</i> 8:45  Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 10:00 New Hope Church Service [T] 10:30 Sing Along with Suzie Q! [A] 11:00 <b>LUNCH</b> 12:45  Dancersize (Low Impact) [A] 1:00 Parachute [A] 2:00 Painting: Rainbow Dogs [A] 3:00  Afternoon Stretch [A] 3:45 Household Chores, Water &amp; Bathroom Break 4:00 <b>DINNER</b></p>	<p> <b>Health &amp; Fitness</b>  <b>Shuttle</b>  <b>Special Event</b></p> <p><b>Location Keys</b> Activity Room A Hoku Terrace HT Theater T</p>		