

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                        | Monday                                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                | Saturday                                                                                                                                                                                                                                                                                       |
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|  <p><b>National Fried Chicken Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>★ Live Stream: New Hope Video Service<br/>10:30 <b>Blind Disco: Hawaii Dance Band</b><br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p> | <p><b>National Macaroni Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:15 <b>Pet Visits</b><br/>11:00 Buddhist Services<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>            | <p><b>National Ice Cream Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                    | <p><b>National Annette Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:30 Music Performance: Bill Melman<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>          | <p><b>National Compliment Your Mirror Day</b><br/>8:30 Breakfast<br/>9:30 Prayer Group - Kaiula Christian Church<br/>10:00 Plaza Seated Strength Training<br/>10:30 Music &amp; Movement<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                     | <p><b>Independence Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>              | <p><b>National Hawaii Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:30 <b>Victory Hawaii Church Bingo</b><br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>       |
| <p><b>National Fried Chicken Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>★ Live Stream: New Hope Video Service<br/>10:30 <b>Blind Disco: Hawaii Dance Band</b><br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                                                  | <p><b>National Macaroni Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:15 <b>Pet Visits</b><br/>11:00 Buddhist Services<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>            | <p><b>National Freezer Pop Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:30 <b>Kapuna Ministries with Jon Kaki</b><br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p> | <p><b>National Dimples Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                   | <p><b>National Kitten Day</b><br/>8:30 Breakfast<br/>9:30 Prayer Group - Kaiula Christian Church<br/>10:00 Plaza Seated Strength Training<br/>10:30 Music Performance: Dean Hirst<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Coffee &amp; Me Music Performance<br/>3:30 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p> | <p><b>National Blueberry Muffin Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p> | <p><b>National Paper Bag Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                 |
| <p><b>National Barbershop Music Appreciation Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>★ Live Stream: New Hope Video Service<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                                                                                  | <p><b>National Tape Measure Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:15 <b>Pet Visits</b><br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                    | <p><b>National Give Something Away Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                          | <p><b>National Hot Dog Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:30 <b>Musical Performance: Sanford Lee</b><br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p> | <p><b>National World Emoji Day</b><br/>8:30 Breakfast<br/>9:30 Prayer Group - Kaiula Christian Church<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                                               | <p><b>National World Listening Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>  | <p><b>International Karaoke Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:30 <b>Victory Hawaii Church Bingo</b><br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p> |
| <p><b>International Chess Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>★ Live Stream: New Hope Video Service<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                                                                                                     | <p><b>National Junk Food Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:15 <b>Pet Visits</b><br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                       | <p><b>National Brain Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:30 <b>Musical Performance: Roy Hamada</b><br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>       | <p><b>National Gorgeous Grandma Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                          | <p><b>National Refreshment Day</b><br/>8:30 Breakfast<br/>9:30 Prayer Group - Kaiula Christian Church<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                                               | <p><b>International Red Shoe Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>    | <p><b>National All or Nothing Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                            |
| <p><b>National Tree Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>★ Live Stream: New Hope Video Service<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                                                                                                           | <p><b>National Milk Chocolate Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>10:15 <b>Pet Visits</b><br/>10:30 Mellow Friends Karaoke<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p> | <p><b>National Lipstick Day</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                     | <p><b>International Day of Friendship</b><br/>8:30 Breakfast<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                        | <p><b>National Mutt Day</b><br/>8:30 Breakfast<br/>9:30 Prayer Group - Kaiula Christian Church<br/>10:00 Plaza Seated Strength Training<br/>12:30 Lunch<br/>2:00 Afternoon Strolls / Gazebo Activities<br/>3:00 Room Visits<br/>4:00 Hydration Break &amp; Stretching<br/>5:30 Dinner</p>                                                                                      | <p><b>ACTIVITIES ARE SUBJECT TO CHANGE</b></p>                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                |

- ★ Book Club / Reading
- ★ Club Visits
- ★ Gardening / Gardening
- ★ Educational Classes
- ★ Field Trip / Medical Appointments
- ★ Car Driving / Driver's Ed
- ★ Meditations / Workshops
- ★ Movie / Special Entertainment
- ★ Open House
- ★ Plaza Life Events