



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		National Cinnamon Day 1 9:00 ↔ Morning Greetings & Exercise 9:45 🎲 Words Games 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎬 Movie & Snacks 2:15 🚌 Scenic Bus Ride: Hawaii Kai 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Deviled Egg Day 2 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Basketball 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Hawaii Kai 2:45 🍳 Snack Time: Deviled Eggs 3:15 🎲 BINGO	National Stress Awareness Day 3 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Bean Bag Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎨 Kindness is Always in Season Ornament Craft 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Jersey Friday 4 9:00 ↔ Morning Greetings & Exercise 9:45 🎵 Drumming 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎲 Armchair Travel 3:00 🎵 Featured Friend Time: Silent Disco with Miranda	National Donut Day 5 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Ring Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎲 Dessert Trivia 2:30 🎭 Sensory & Life Skills 3:00 🎵 Zumba with Annette
National Nachos Day 6 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Ball Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 1:30 🎙️ Church Service with Pastor Carl & Pastor Steve 2:30 🗨️ Reminiscing & Snacks 3:00 🏅 Parachute	National Bittersweet Chocolate with Almonds Day 7 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Kickball 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎨 Harvest Blessings Sign Craft 2:45 🎭 Sensory & Life Skills 3:15 🎲 BINGO	National Cappuccino Day 8 9:00 ↔ Morning Greetings & Exercise 9:45 🎲 Words Games 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎬 Movie & Snacks 2:15 🚌 Scenic Bus Ride: Lagoon Drive 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Scrapple Day 9 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Basketball 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Lagoon Drive 3:15 🎲 BINGO	National Forget-Me-Not Day 10 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Bean Bag Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎨 Hello Fall Sign Craft 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	Veterans Day 11 9:00 ↔ Morning Greetings & Exercise 9:45 🎵 Drumming 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🌟 Veterans Day Celebration 2:45 🐾 Pet Visit with Marie Anne and Le'a 3:15 🎲 BINGO	National Pizza with the Works Except Anchovies Day 12 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Ring Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎭 Charades & Pictionary 2:45 🎭 Sensory & Life Skills 3:15 🎲 BINGO
World Kindness Day 13 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Ball Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 1:30 🎙️ Church Service with Pastor Carl & Pastor Steve 2:30 🗨️ Reminiscing & Snacks 3:00 🏀 Balloon Volleyball	National Pickle Day 14 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Kickball 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎨 Thanksgiving Pet Magnet Craft 2:45 🎭 Sensory & Life Skills 3:15 🎲 BINGO	America Recycles Day 15 9:00 ↔ Morning Greetings & Exercise 9:45 🎲 Words Games 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎬 Movie & Snacks 2:15 🚌 Scenic Bus Ride: Diamond Head 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Button Day 16 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Basketball 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Diamond Head 3:15 🎲 BINGO	National Baklava Day 17 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Bean Bag Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎨 Tree of Thanks Craft 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Princess Day 18 9:00 ↔ Morning Greetings & Exercise 9:45 🎵 Drumming 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎭 Gorgeous Grandma Day 3:00 🌟 Birthday Bash with Dean Hirata	National Carbonated Beverage With Caffeine Day 19 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Ring Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎲 Science for Seniors 2:45 🎭 Sensory & Life Skills 3:15 🎲 BINGO
National Peanut Butter Fudge Day 20 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Ball Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 1:30 🎙️ Church Service with Pastor Carl & Pastor Steve 2:30 🗨️ Reminiscing & Snacks 3:00 🏅 Parachute	National Gingerbread Cookie Day 21 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Kickball 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎨 Owl Turkey Ornament Craft 2:30 🍪 Snack Time: Gingerbread Cookies 2:45 🎭 Sensory & Life Skills 3:15 🎲 BINGO	National Cranberry Relish Day 22 9:00 ↔ Morning Greetings & Exercise 9:45 🎲 Words Games 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎬 Movie & Snacks 2:15 🚌 Scenic Bus Ride: Interstate H-3 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Espresso Day 23 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Basketball 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Interstate H-3 3:15 🎲 BINGO	Thanksgiving Day 24 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Bean Bag Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎨 Mosaic Glitter Turkey Sign Craft 3:00 🌟 What Are You Thankful For? 3:30 🎵 Sing Along	National Parfait Day 25 9:00 ↔ Morning Greetings & Exercise 9:45 🎵 Drumming 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎵 Featured Friend Time: Japanese Sing Along 2:45 🐾 Pet Visit with Marie Ann and Le'a 3:15 🎲 BINGO	National Cake Day 26 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Ring Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🍳 Cooking 2:45 🎭 Sensory & Life Skills 3:15 🎲 BINGO
National Bavarian Cream Pie Day 27 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Ball Toss 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 1:30 🎙️ Church Service with Pastor Carl & Pastor Steve 2:30 🗨️ Reminiscing & Snacks 3:00 🏀 Balloon Volleyball	National French Toast Day 28 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Kickball 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎨 Foam Owl Ornament Craft 2:30 🍳 Snack Time: French Toast 2:45 🎭 Sensory & Life Skills 3:15 🎲 BINGO	National Day of Giving 29 9:00 ↔ Morning Greetings & Exercise 9:45 🎲 Words Games 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 2:00 🎬 Movie & Snacks 2:15 🚌 Scenic Bus Ride: Manoa Valley 3:00 🎵 Chair Yoga Dance 3:30 🎵 Sing Along	National Mason Jar Day 30 9:00 ↔ Morning Greetings & Exercise 9:45 🏀 Basketball 10:15 🌿 Outdoor Relaxation & Sunshine 1:15 ↔ Exercise 1:45 🎨 Coloring for Relaxation 2:15 🚌 Scenic Bus Ride: Manoa Valley 3:15 🎲 BINGO			<p>All activities are subject to change.</p>