



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p></p> <p>♥ Health & Fitness 🚌 Shuttle ★ Special Event</p>	<p>National Donut Day 5</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 9:30 Things That Start With "D" [A] 10:00 Improv: At the Donut Factory! 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Pu'u O Kaimuki Park 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</p>	<p>National Cinnamon Day 1</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Brain Games: 9 Letter Square 10:00 Mindful Coloring to Classical Music 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Cinnamon Apple Tarts [A] 1:00 ♥ Strength, Balance and Tone with Daniel 2:00 Bingo 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Deviled Egg Day 2</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Hangman- Breakfast Foods 10:00 Magic Ink Group Creative Writing: At a Restaurant 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</p>	<p>National Jersey Friday 3</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Music with Dean Hirata 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Poker Toss [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</p>	<p>National Candy Day 4</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Dice Game: 3s Away! [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:00 ♥ Sensory Stroll Outdoors [HT] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Pizza with the Works Except Anchovies Day 12</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 9:30 Things That Start With "A" [A] 10:00 Craft: Paper Mayflower 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 Improv: At the Pizza Parlor! 2:00 Hula with Kumu Sallie 2:00 Ring Toss to Hawaiian Music [A] 2:45 Plaza Sing A Long [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Nachos Day 6</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ 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 Music with Roy Hamada [A] Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Bittersweet Chocolate with Almonds Day 7</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 9:30 SONG OF THE DAY: "A Chocolate Sundae on a Saturday Night" by Doris Day [A] 10:00 ★ Buddhist Service with Moilili Hongwanji [T] Hall'a Best Friend of the Month: Baked Goods! 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Boxing 1:00 Mini Pulelehua Stations [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 2:30 ♥ Hydration Time with Infused Water [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Coffee Colors 8</p> <p>National Cappuccino Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Brain Games: Memory Tray 10:00 New Hope Church Service [T] 10:00 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Coffee Pudding [A] 2:00 Balloon Swat Volleyball 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Louisiana Day 9</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Hangman- US States 10:00 Let's Journal Together: Vacations 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</p>	<p>Dress Day: Plaza Shirts 10</p> <p>National Forget-Me-Not Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Craft: Forget-me-not Painted Rocks 10:00 Pet Therapy with Kaia and Noah 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Hanapa'a! Let's Go Fishing! [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</p>
<p>National Carbonated Beverage Day 19</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:30 Things That Start With "B" [A] 10:00 Table Games: Yahtzee! 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Lanikai 2:00 Ring Toss to Swing Music [A] 2:45 Plaza Sing A Long [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>World Kindness Day 13</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [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</p>	<p>Dress Day: PJ Day (No shorts) 14</p> <p>National Family PJ Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 9:30 SONG OF THE DAY: "Blue Moon" by Mel Torme [A] 10:00 Hall'a Best Friend of the Month: Let's Learn Hula! 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Tai Chi 1:00 Mini Pulelehua Stations [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 2:30 ♥ Hydration Time with Infused Water [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>America Recycles Day 15</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Brain Games: Compare and Contrast 9:45 Sightseeing: Ewa Beach 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Collaborative Magazine Collage [A] 1:00 ♥ Strength, Balance and Tone with Daniel 2:00 Parachute to Swing Music 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Button Day 16</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Hangman- Clothes 10:00 Craft: Flower Button Cards 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</p>	<p>National Baklava Day 17</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Bingo 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Cooking Demonstration: Baklava [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</p>
<p>National Peanut Butter Fudge Day 20</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ 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</p>	<p>National Gingerbread Cookie Day 21</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:30 SONG OF THE DAY: "Ginger Bread" by Frankie Avalon [A] 10:00 Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Salsa 1:00 Mini Pulelehua Stations [A] 2:00 ♥ Sensory Stroll Outdoors [HT] 2:30 ♥ Hydration Time with Infused Water [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Favorite Band Shirts 22</p> <p>National Jukebox Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Brain Games: 9 Letter Square 10:00 New Hope Church Service [T] 10:00 Pet Therapy with Wilma and Milo [A] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Name that Tune! [A] 2:00 Twister Toss to Golden Oldies 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Thanksgiving 23</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Hangman- Thanksgiving Foods 10:00 Writing Together: Gratitude Journal 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</p>	<p>Maize Day 24</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Craft: Pipe Cleaner Indian Corn on the Cob 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Bingo [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</p>	<p>National Parfait Day 25</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Cooking Demonstration: Parfait [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:00 ♥ Sensory Stroll Outdoors [HT] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>National Cake Day 26</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:30 Things That Start With "C" [A] 10:00 Cooking Craft: Apple Smiles 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] 1:00 Balloon Volleyball 2:00 Hula with Kumu Sallie 2:00 Ring Toss to Piano Music [A] 2:45 Plaza Sing A Long [A] 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Bavarian Cream Pie Day 27</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [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</p>	<p>#GIVINGTUESDAY (National Day of Giving) 28</p> <p>Dress Day: Charity Shirts</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Brain Games: 9 Letter Square 9:45 Sightseeing: Ka Makana Ali'i 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Mindful Coloring to Ambient Music [A] 2:00 Bingo 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Electronic Greetings Day 29</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Brain Games: 9 Letter Square 9:45 Sightseeing: Ka Makana Ali'i 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 ♥ Dancersize (Low Impact) [A] 1:00 Mindful Coloring to Ambient Music [A] 2:00 Bingo 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirts 30</p> <p>National Mason Jar Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 ♥ Morning Exercise [A] 9:15 Hangman- Fruits 10:00 Mason Jar Craft 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</p>	<p>Location Keys</p> <p>Activity Room A Hoku Terrace HT Theater T</p>