

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday



-  Creative
-  Excursions
-  Intellectual
-  Meals
-  Movies
-  Music
-  Physical
-  Social
-  Special Events
-  Spiritual

*Activities are subject to change.*



<p><b>DAYLIGHT SAVING TIME BEGINS</b></p> <p><b>National Sandwich Day</b> <b>3</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>— 📺 Live Stream: New Hope Video Service</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Candy Day</b> <b>4</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:00 🚗 Scenic Ride : Heeia Kea Pier/ Chinamans Hat</p> <p>10:15 🐾 <b>Pet Visits</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:00 📖 Buddhist Services</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>American Football Day</b> <b>5</b></p> <p><b>ELECTION DAY</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:15 🎵 <b>Silent Disco: Hawaii Dance Bomb</b></p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Games - Fly Swatter Balloon Tennis</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Stress Awareness Day</b> <b>6</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft: Cover Me in Sunshine Sun Catcher</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Bittersweet Chocolate w/ Almonds Day</b> <b>7</b></p> <p>9:30 📖 Prayer Group - Kailua Christian Church</p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:00 🎵 <b>Musical Performance: Aloha Mele</b></p> <p>11:15 🚿 Hydration Break</p> <p>1:00 🚗 Scenic Ride: Lanikai / Kailua</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft: Building Our Gratitude Tree</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Author's Day</b> <b>1</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>12:30 🍽️ <b>Lunch</b></p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Play Outside Day</b> <b>2</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:00 🎵 <b>Surprise Musical Performance</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>12:30 🍽️ <b>Lunch</b></p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p> <p>4:30 📖 Catholic Mass</p>
<p><b>National Vanilla Cupcake Day</b> <b>10</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>— 📺 Live Stream: New Hope Video Service</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>VETERANS DAY</b> <b>11</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:15 🐾 <b>Pet Visits</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>1:00 🚗 Scenic Ride</p> <p>1:45 🚗 <b>Scenic Ride - Ka'a'awa</b></p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Happy Hour Day</b> <b>12</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft: Geometric Painting</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>World Kindness Day</b> <b>13</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>10:30 🎵 <b>Musical Performance: Jon Koki</b></p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Games: Bowling</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Family PJ Day</b> <b>14</b></p> <p>9:30 📖 Prayer Group - Kailua Christian Church</p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:00 🎵 <b>Musical Performance: Ed Simeona</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft: Collage Making</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>America Recycles Day</b> <b>15</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:00 🎵 Musical Performance Hank the Singing Dutchman</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>2:30 📖 Movie: Pacific Part 1 (NF)</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Button Day</b> <b>16</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:00 🌟 <b>Victory Hawaii Church Bingo</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>
<p><b>National Butter Day</b> <b>17</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>— 📺 Live Stream: New Hope Video Service</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>Mickey Mouse's Birthday</b> <b>18</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:15 🐾 <b>Pet Visits</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 📖 Movie: Pacific Part 2 (NF)</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Play Monopoly Day</b> <b>19</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft: Playdough Building</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Absurdity Day</b> <b>20</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:00 🎵 <b>Musical Performance: Sanford Lee</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Word Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Gingerbread Cookie Day</b> <b>21</b></p> <p>9:30 📖 Prayer Group - Kailua Christian Church</p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:00 🎵 <b>Silent Disco: Hawaii Dance Bomb</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft: Fall Wreaths</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Go For A Ride Day</b> <b>22</b></p> <p>9:30 🚲 <b>Hawaiian Mission Academy</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Family Volunteer Day</b> <b>23</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:00 📖 <b>BYUH Friends</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>
<p><b>Celebrate Your Unique Talent Day</b> <b>24</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>— 📺 Live Stream: New Hope Video Service</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Parfait Day</b> <b>25</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:15 🐾 <b>Pet Visits</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>Giving Tuesday</b> <b>26</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:15 🎵 <b>Musical Performance: Roy Hamada</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft - Pineapple Turkey</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Jukebox Day</b> <b>27</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Memory Game</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>HAPPY THANKSGIVING!</b> <b>28</b></p> <p>9:30 📖 Prayer Group - Kailua Christian Church</p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Games: Muffin Tin Pong</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Electronic Greetings Day</b> <b>29</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:15 🎵 <b>Musical Performance: Dean Hirata</b></p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Games - Beach Volleyball</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>	<p><b>National Mousse Day</b> <b>30</b></p> <p>9:45 ❤️ Exercise - Morning Stretches</p> <p>10:30 🌟 Living Room 'Talk Story'</p> <p>11:15 🚿 Hydration Break</p> <p>2:00 🚶 Afternoon Strolls and Waterfall Time</p> <p>2:30 🎮 Craft, Movie, Games</p> <p>4:00 ❤️ Hydration Break &amp; Stretching</p>