



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 		<b>National Chicken Boy's Day</b> <b>1</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:45 Morning Exercise 9:30 Hangman: Occupations 10:00 Morning Stroll to the Hoku Terrace/ Virtual performance with Hank the Singing Dutchman 8.12 11:00 <b>LUNCH</b> 12:30 Mini Pulelehua Stations 2:15 Horseshoes 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Blueberry Popsicle Day</b> <b>2</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Sightseeing: Maunaloa Bay 8:45 Morning Exercise 10:00 Bingo 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 12:30 Sightseeing: Maunaloa Bay 1:00 SWAT Balloon Volleyball 2:00 Afternoon Snack: Otter Pops [A] 2:15 Charades 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National US Bowling League Day</b> <b>3</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 1:1 Balloon Volley with Questions 10:00 Hali'a Best Friend of the Month: Plaza Rhythm Band Plays Neil Diamond Songs 11:00 <b>LUNCH</b> 12:30 ♥ Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Bowling 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National College Colors Day</b> <b>4</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 Brain Quest 2 10:00 Sorting Stations 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 Parachute/ Twister Toss 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Cheese Pizza Day</b> <b>5</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 Would You Rather...? And Why? 10:00 Morning Stroll to the Hoku Terrace/Documentary: "Life in the Doghouse" (N) 11:00 <b>LUNCH</b> 12:30 Tea Time 1:00 Lacing Cards and SortingCards 2:15 Horseshoes 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>
	<b>National Coffee Ice Cream Day</b> <b>6</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Sightseeing: Halawa Valley 9:30 Finish That Line! 10:00 Aquapaintings and Watercolor 11:00 <b>LUNCH</b> 12:45 Sightseeing: Halawa Valley 1:00 Farm Bingo 2:00 Balloon Volleyball with Elvis Presley Tunes 2:30 Kari Says.....(Simon Says) 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Labor Day</b> <b>7</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 9:30 Hangman: Occupations 10:00 Mini Pulelehua Stations 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 1:15 Bean Bag Toss to Showtunes 2:00 Sensory Time: Aromatherapy: Scented Lotion Hand Massages 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Ants on a Log Day</b> <b>8</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:45 Morning Exercise 9:30 Simple Mathematics and Spelling Bee 10:00 Morning Stroll Around the Walking Path/ David Attenborough's Ant Mountain (YT) 11:00 <b>LUNCH</b> 12:30 Mini Pulelehua Stations 2:15 Afternoon Snack: Ants on a Log 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Teddy Bear Day</b> <b>9</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Sightseeing: Chinatown 8:45 Morning Exercise 9:15 Hidden Pictures 10:00 Bingo 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 12:30 Sightseeing: Chinatown 1:00 Teddy Bear Ring Toss 2:00 Nails and Watercolor 2:30 Afternoon Snack: Teddy Grahams 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>Hali'a Best Friend of the Month Dress Day: Wear Black (Hali'a Only)</b> <b>10</b> <b>National Swap Ideas Day</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 They Go Together 10:00 Hali'a Best Friend of the Month: French Fry Box Craft and Fabulous French Fry treat 11:00 <b>LUNCH</b> 12:30 ♥ Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Twister Toss 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Patriot and Day of Service and Remembrance Day</b> <b>11</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 Brain Quest 2 10:00 Craft: Patriotic Beaded Bracelets 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 1:00 Patriotic Sing A Long 2:00 Art: Therapeutic Coloring and Watercolor 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>
<b>National Assisted Living Week</b> <b>13</b> <b>National Grandparent's Day</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Sightseeing: Makapuu Beach 9:30 Brain Quest 2 10:00 Aquapaintings and Watercolor 11:00 <b>LUNCH</b> 12:45 Sightseeing: Makapuu Beach 1:00 Animal Bingo 2:00 Lawn Darts 2:30 Plaza Rhythm Band 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>Dress Day: Pajamas</b> <b>14</b> <b>National Assisted Living Week</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 9:30 Brain Quest 2 10:00 Mini Pulelehua Stations 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 1:15 Bean Bag Toss 2:00 Sensory Time: Jiffy Pop Popcorn 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>Dress Day: Sports</b> <b>15</b> <b>National Assisted Living Week</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:45 Morning Exercise 9:30 Hangman: Sports 10:00 Craft: Eek-A-Mouse 11:00 <b>LUNCH</b> 12:30 Mini Pulelehua Stations 2:15 SWAT Balloon Volleyball 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>Dress Day: Western</b> <b>16</b> <b>National Assisted Living Week</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Sightseeing: Pearl Harbor 8:45 Morning Exercise 9:15 Hidden Pictures 10:00 Bingo 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 12:30 Sightseeing: Pearl Harbor 1:00 Horseshoes 2:00 Western Charades [A] 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>Dress Day: Decades Theme</b> <b>17</b> <b>National Assisted Living Week</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 1:1 Balloon Volley with Questions 10:00 Hali'a Best Friend of the Month: Let's Make Ice Cream! 11:00 <b>LUNCH</b> 12:30 ♥ Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 50's Sock Hop Games and Dances 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>Dress Day: Aloha Attire</b> <b>18</b> <b>National Assisted Living Week</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 Brain Quest 2 10:00 Word Find 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 Lawn Darts 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Dance Day</b> <b>19</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 Finish That Line! 10:00 Morning Stroll to the Hoku Terrace/Frank Sinatra Live In Pompei (1991-09-26) (YT) 11:00 <b>LUNCH</b> 12:30 Tea Time 1:00 Craft: Autumn Decorations 2:00 The Evolution of Dance - 1950 to 2019 - By Ricardo Walker's Crew (YT) / Dance Trivia 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>
<b>National Pepperoni Pizza Day</b> <b>20</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Sightseeing: Eastside Beaches 9:30 Finish That Line! 10:00 Aquapaintings and Watercolor 11:00 <b>LUNCH</b> 12:45 Sightseeing: Eastside Beaches 1:00 Jigsaw or Paper Puzzles 2:00 Balloon Volleyball with All that Jazz 2:45 How-To: Make Homemade Pizza with Frank Pinello YT) 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National New York Day</b> <b>21</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 9:30 Hangman: New York City 10:00 Mini Pulelehua Stations 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 1:15 Horseshoes 2:00 Sensory Time: What's in the Bag? 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>Dress Day: Wear Strawberry, Chocolate or Vanilla Colors</b> <b>22</b> <b>National Ice Cream Cone Day</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:45 Morning Exercise 9:30 Simple Mathematics and Spelling Bee 10:00 Craft: I Scream, You Scream, We All Scream for Ice Cream! 11:00 <b>LUNCH</b> 12:30 Mini Pulelehua Stations 2:15 Afternoon Snack: Mini Ice Cream Cones/ How is ice cream made at Ben & Jerry's (YT) 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Snack Stick Day</b> <b>23</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Sightseeing: Manoa Valley 8:45 Morning Exercise 9:15 Hidden Pictures 10:00 Bingo 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 12:30 Sightseeing: Manoa Valley 1:00 Plaza Rhythm Band 2:00 Nails and Watercolor 2:45 Kari Says.....(Simon Says) [A] 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Cherries Jubilee Day</b> <b>24</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 Hangman- Summer Theme 10:00 Hali'a Best Friend of the Month: Let's Make Jjigae (Korean Tofu Soup) 11:00 <b>LUNCH</b> 12:30 ♥ Chair Tai Chi 1:00 Mini Pulelehua Stations 2:15 Bowling 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Quesadilla Day</b> <b>25</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 Brain Quest 2 10:00 Cooking Demo: Cheese Quesadillas 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 1:00 Art: Therapeutic Coloring and Watercolor 2:00 Bean Bag Toss 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Pancake Day</b> <b>26</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Morning Exercise 9:15 Brain Quest 2 10:00 Morning Stroll to the Hoku Terrace/ The Lucy Show S02E15 Lucy Goes to Art Class (YT) 11:00 <b>LUNCH</b> 12:30 Tea Time 1:00 Lacing Cards and SortingCards 2:00 Craft: Autumn Decorations 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>
<b>National Corned Beef Hash Day</b> <b>27</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Sightseeing: Lagoon Drive Airport 9:30 Would You Rather...? And Why? 10:00 Aquapaintings and Watercolor 11:00 <b>LUNCH</b> 12:45 Sightseeing: Lagoon Drive Airport 1:00 Plaza Sing A Long 2:00 Balloon Volleyball with Oldies but Goodies tunes 2:45 Charades 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Strawberry Cream Pie Day</b> <b>28</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 9:30 Hangman: Desserts theme 10:00 Mini Pulelehua Stations 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 1:15 Horseshoes 2:00 Sensory Time: Mini Strawberry Cream Pie/ Strawberry Trivia 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Coffee Day</b> <b>29</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:45 Morning Exercise 9:30 Hangman: Drinks 10:00 Craft: Coffee Filter Crafts 11:00 <b>LUNCH</b> 12:30 Mini Pulelehua Stations 2:15 Afternoon Snack: Coffee Cake and Iced Coffee 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<b>National Love People Day</b> <b>30</b> 7:00 <b>BREAKFAST</b> 8:15 <i>Newspaper Current Events Discussion</i> 8:30 Sightseeing: Diamond Head 8:45 Morning Exercise 9:15 Hidden Pictures 10:00 Bingo 11:00 <b>LUNCH</b> 12:30 Dancersize (Low Impact) 12:30 Sightseeing: Diamond Head 1:00 SWAT Balloon Volleyball 2:00 Parachute [A] 3:00 ♥ Afternoon Stretch 3:45 Household Chores, Water & Bathroom Break 4:00 <b>DINNER</b>	<h2>Location Keys</h2> <h2>Activity Room A</h2>		