






September 2023 Hali'a										created with 																								
Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday				
					 <b>Health &amp; Fitness</b>					 <b>Shuttle</b>					 <b>Special Event</b>					<b>Location Keys</b>														
																				Activity Room A														
																				Hoku Terrace HT														
Theater T																																		
National Cinema Day 3					Dress Day: Denim (Jeans Okay) National Labor Day 4					National Cheese Pizza Day 5					Dress Day: Coffee Colors National Coffee Ice Cream Day 6					National Salami Day 7					Dress Day: University of Hawaii Shirts or Colors National College Colors Day 1					National Tailgating Day 2				
7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "P " [A] 10:00 Swat Balloon Volleyball to Movie Themes 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Learn to Draw Cartoon Characters 2:00 Kanikapila [T] 2:00 Ring Toss to Elvis Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Music with Hank the Singing Dutchman [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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "That's Amore" Dean Martin [A] 10:00 Trivia 11:00 LUNCH 12:00 Medical Transportation 12:30 Table Games: Quirkle 1:00 Hali'a Best Friend of the Month: Cooking English Muffin Pizzas 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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Drums Alive! [A] 9:15 Brain Games: 9 Letter Squares 9:45 Sightseeing: Pearl Harbor 10:00 New Hope Church Service [T] 11:00 LUNCH 12:30 Table Games: Blackjack [A] 1:00 Strength, Balance and Tone with Daniel 2:00 Sensory Stroll Outdoors 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman-Types of Sandwiches [A] 10:00 Buddhist Service with Moiliili Hongwanji [T] 10:00 Cooking Demo: Salami Pinwheels [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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Cooking Demonstration: Waffles with Fruit 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Mini Pulelehua Stations [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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Craft: No-Sew Teddy Bears [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER				
National Grandparent's Day 10					Dress Day: Sports Jerseys (no tank tops) National Assisted Living Week 11					Dress Day: Beach or Resort Wear National Assisted Living Week 12					Dress Day: Wear the Clothes from Your Decade National Assisted Living Week 13					Dress Day: Superhero National Assisted Living Week 14					Dress Day: Plaza Pride National Assisted Living Week 15					Dress Day: Favorite Music Entertainers National Assisted Living Week 16				
7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "G " [A] 10:00 Writing to Our Grandparents 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Kanikapila [T] 1:00 Sightseeing: Round Top 2:00 Hula with Kumu Sallie [A] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Music with Roy Hamada [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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Yesterday" by the Beatles [A] 10:00 Hali'a Best Friend of the Month: Frank Lloyd Wright-Inspired Stained Glass 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Salsa (DVD) 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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Group Crossword 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 Craft: Paper Plate Donkeys [A] 2:00 Twister Toss to Big Band Music [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Superheroes 10:00 Learn to Draw Superheroes 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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Magic Ink! Group creative writing: Let's take a cruise! 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Game: Knock'em Down! [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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 YouTube Sing -a-Long: Golden Oldies [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER				
National Apple Dumpling Day 17					National Cheeseburger Day 18					National Talk Like a Parrot Day 19					Dress Day: Plaza Shirt National Fried Rice Day 20					National New York Day 21					Dress Day: Fall Colors (Red, Orange, Brown) National Centenarian's Day 22					National Family Health & Fitness Day 23				
7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "D " [A] 10:00 Bingo 10:00 Pet Therapy with Kaia and Noah [A] 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Charades 2:00 Kanikapila [T] 2:00 Ring Toss to Classical Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Music with Hank the Singing Dutchman [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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Brandy (You're a Fine Girl) by Looking Glass [A] 10:00 Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Chair Salsa (DVD) 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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Games: 9 Square 9:45 Sightseeing: Kaneohe 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Cooking Demo: Fried Rice 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Related to New York 10:00 Improvisation in New York 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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Craft: Fall Colors Leaf Art 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Bowling to 1920's Music [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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Cooking Craft: Fruit Animal Creations [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER				
National Innergize Day 24					Dress Day: Favorite Comic Book Character National Comic Book Day 25					National Pancake Day 26					National Corned Beef Hash Day 27					National Good Neighbor Day 28					National Coffee Day 29					Dress Day: Plaza Shirt or Orange Shirt National Orange Shirt Day 30				
7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "N" [A] 10:00 Craft: Beaded Wind Chimes 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Makapu'u 2:00 Hula with Kumu Sallie [A] 2:00 Ring Toss to 60's Music [A] 2:45 Plaza Sing A Long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Blueberry Hill" by Fats Domino [A] 10:00 Hali'a Best Friend of the Month: Paint a Picture of a Classic Jaguar XKE! 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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Newspaper Shopping 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 Origami Shamrock [A] 2:00 Cooking Demonstration: No-Beef Hash 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Girl's and Boy's Names 10:00 Name that Tune! 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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Craft: Coffee Filter Flowers 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Twister 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					7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Table Game: Yahtzee! [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER				