


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p>All activities will be located on the 3rd floor unless otherwise noted. Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>Creative</p> <p>Entertainment</p> <p>Excursion</p> <p>Intellectual</p> <p>Physical</p> <p>Social</p> <p>Spiritual</p>	<p>New Year's Day 1</p> <p>8:30 ↔ Seated Strength Circuits & Hydration</p> <p>9:15 🌟 Current Events & Brain Games</p> <p>10:00 🎵 Plaza Sing Along: 2nd Floor</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 🎵 Fun Film & Popcorn</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Cream Puff Day 2</p> <p>8:30 ↔ Seated Strength Circuits & Hydration</p> <p>9:15 🌟 Current Events & Brain Games</p> <p>9:30 🎵 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 ↔ Mega Toss Games</p> <p>12:30 🎵 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 🎵 Watercolors & Oldie Tunes</p> <p>2:30 🎵 Sensory Break: Guess This Scent!</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Drinking Straw Day 3</p> <p>8:30 ↔ Seated Strength (A) & Hydration</p> <p>9:15 🌟 Current Events & Wackiest Things Made w/ Straws</p> <p>9:30 🎵 Hot Chocolate & Brain Games at The Bistro</p> <p>12:30 🚗 3rd Flr. Van Ride: Kapolei</p> <p>1:00 ↔ Balloon Hockey</p> <p>2:00 🎵 Q-Tip Art & Puzzle Packs</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>3:30 🌟 Name 5 & Guess That Tune</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Trivia Day 4</p> <p>8:30 ↔ Seated Strength (B) & Hydration</p> <p>9:15 🌟 Current Events & Hawaii Trivia</p> <p>9:45 ↔ Balloon Volleyball</p> <p>10:30 🌟 Pictionary & Hangman</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 🎵 Arts & Crafts: Newspaper Koala Making</p> <p>2:30 ↔ Ageless Fitness & Hydration</p> <p>3:15 🌟 BINGO</p> <p>5:00 ↔ Evening Cool Down Stretches</p> <p>5:30 🎵 Stories of Old Hawaii</p>
<p>Bird Day 5</p> <p>8:30 ↔ Seated Strength Circuits & Hydration</p> <p>9:15 🌟 Current Events & Fun Facts About Birds</p> <p>10:00 🎵 Paper Collage Making</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 ↔ Chair Zumba & Hydration</p> <p>2:00 🌟 Educational Documentaries</p> <p>3:00 🎵 BINGO</p>	<p>Technology Day 6</p> <p>8:30 ↔ Seated Strength (A) & Hydration</p> <p>9:15 🌟 Current Events & Current Technology</p> <p>10:00 ↔ Chair Zumba w/ Annette: 2nd Floor</p> <p>12:30 🚗 3rd Flr. Van Ride: Haleiwa</p> <p>1:00 🎵 Tissue Paper Art</p> <p>2:00 🚗 Charades & Name That! YouTube Edition</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Bobblehead Day 7</p> <p>8:30 ↔ Seated Strength (B) & Hydration</p> <p>9:15 🌟 Current Events & Funniest Bobblehead Photos</p> <p>9:30 🎵 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 🎵 Japanese Sing Along</p> <p>12:30 🎵 Bubble Time & Garden Club in The Lanai</p> <p>1:30 🎵 Arts & Crafts: Curled Paper Flower Making</p> <p>2:30 🌟 Who Is It? & Hangman</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Bubble Bath Day 8</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 🌟 Current Events</p> <p>10:00 🎵 Plaza Sing Along: 2nd Floor</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 🎵 Fun Film & Popcorn</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Law Enforcement Day 9</p> <p>8:30 ↔ Seated Strength Circuits & Hydration</p> <p>9:15 🌟 Current Events & History of The Honolulu Police Dept.</p> <p>10:00 🎵 Musical Performance by The Mellow Friends: 2nd Floor</p> <p>12:30 🎵 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 🎵 Watercolors & Oldie Tunes</p> <p>2:30 🎵 Sensory Break: Guess This Scent!</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Houseplant Appreciation Day 10</p> <p>8:30 ↔ Seated Strength (A) & Hydration</p> <p>9:15 🌟 Current Events & Top 10 Houseplant Ideas</p> <p>10:00 🎵 Bible Stories w/ Ms. Maureen</p> <p>12:30 🎵 Lanai Time</p> <p>2:00 🎵 Q-Tip Art & Puzzle Packs</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>3:30 🌟 Name 5 & Guess That Tune</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>
<p>Marzipan Day 12</p> <p>8:30 ↔ Seated Strength Circuits & Hydration</p> <p>9:15 🌟 Current Events & What is Marzipan?</p> <p>10:00 🎵 Paper Collage Making</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 ↔ Chair Zumba & Hydration</p> <p>2:00 🌟 Educational Documentaries</p> <p>3:00 🎵 BINGO</p>	<p>Sticker Day 13</p> <p>8:30 ↔ Seated Strength (A) & Hydration</p> <p>9:15 🌟 Current Events & Brain Games</p> <p>9:30 🎵 Watercolors & Oldie Tunes</p> <p>10:00 🎵 Halī'a Mele Club in The Lanai</p> <p>12:30 🚗 3rd Flr. Van Ride: Kō'olina</p> <p>1:00 🎵 Tissue Paper Art</p> <p>2:00 🚗 Charades & Name That! YouTube Edition</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Dress Up Your Pet Day 14</p> <p>8:30 ↔ Seated Strength (B) & Hydration</p> <p>9:15 🌟 Current Events & Funny Pictures of Dressed Up Pets</p> <p>9:30 🎵 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 🎵 Japanese Sing Along</p> <p>12:30 🎵 Bubble Time & Garden Club in The Lanai</p> <p>1:30 🎵 Arts & Crafts: Paper Plate Puppy Making</p> <p>2:30 🌟 Who Is It? & Hangman</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Strawberry Ice Cream Day 15</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 🌟 Current Events & Brain Games</p> <p>10:00 🎵 Soul Sounds w/ Wally Brown: 2nd Floor</p> <p>12:30 🎵 Lanai Time</p> <p>2:00 🎵 Piano & Vocals by Roy Hamada: 2nd Floor</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Religious Freedom Day 16</p> <p>8:30 ↔ Seated Strength Circuits & Hydration</p> <p>9:15 🌟 Current Events & History of Religious Freedom</p> <p>9:30 🎵 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 ↔ Mega Toss Games</p> <p>12:30 🎵 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 🎵 Watercolors & Oldie Tunes</p> <p>2:30 🎵 Sensory Break: Guess This Scent!</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Popeye The Sailor Man Day 17</p> <p>8:30 ↔ Seated Strength (A) & Hydration</p> <p>9:15 🌟 Current Events & Fun Facts About Popeye The Sailorman</p> <p>10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor</p> <p>12:30 🎵 Lanai Time</p> <p>2:00 🎵 Q-Tip Art & Puzzle Packs</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>3:30 🌟 Name 5 & Guess That Tune</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>
<p>Popcorn Day 19</p> <p>8:30 ↔ Seated Strength Circuits & Hydration</p> <p>9:15 🌟 Current Events & Brain Games</p> <p>10:00 🎵 Paper Collage Making</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 ↔ Chair Zumba & Hydration</p> <p>2:00 🌟 Educational Documentaries w/ Kettle Popcorn</p> <p>3:00 🎵 BINGO</p>	<p>Martin Luther King, Jr. Day 20</p> <p>8:30 ↔ Seated Strength (A) & Hydration</p> <p>9:15 🌟 Current Events & Brain Games</p> <p>9:30 🎵 Watercolors & Oldie Tunes</p> <p>11:00 🎵 Lion Dance Blessing w/ Gee Young Dance Group: Lobby</p> <p>12:30 🚗 3rd Flr. Van Ride: Waipahu / Kunia</p> <p>1:00 🎵 Tissue Paper Art</p> <p>2:00 🚗 Charades & Name That! YouTube Edition</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Give a Hug Day 21</p> <p>8:30 ↔ Seated Strength (B) & Hydration</p> <p>9:15 🌟 Current Events & Reasons to Give a Hug</p> <p>10:00 🎵 Performance by Team of Angels: 2nd Floor</p> <p>12:30 🎵 Bubble Time & Garden Club in The Lanai</p> <p>1:30 🎵 Arts & Crafts: Brown Bag Bearhug Making</p> <p>2:30 🌟 Who Is It? & Hangman</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Celebrate Life Day 22</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 🌟 Current Events & Best Ways to Celebrate Life</p> <p>10:00 🎵 Hawaiian Music w/ Kupuna Mele: 2nd Floor</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 🎵 Fun Film & Popcorn</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Pie Day 23</p> <p>8:30 ↔ Seated Strength Circuits & Hydration</p> <p>9:15 🌟 Current Events & Best Pie Places in Hawaii</p> <p>9:30 🎵 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 ↔ Mega Toss Games</p> <p>12:30 🎵 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 🎵 Watercolors & Oldie Tunes</p> <p>2:30 🎵 Sensory Break: Guess This Scent!</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Big Wig Day 24</p> <p>8:30 ↔ Seated Strength (A) & Hydration</p> <p>9:15 🌟 Current Events & Brain Games</p> <p>10:00 🎵 Hot Chocolate & Brain Games at The Bistro</p> <p>12:30 🎵 Lanai Time</p> <p>2:00 🎵 Q-Tip Art & Puzzle Packs</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>3:30 🌟 Name 5 & Guess That Tune</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>
<p>Peanut Brittle Day 26</p> <p>8:30 ↔ Seated Strength Circuits & Hydration</p> <p>9:15 🌟 Current Events & Brain Games</p> <p>10:00 🎵 Paper Collage Making</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 ↔ Chair Zumba & Hydration</p> <p>2:00 🌟 Educational Documentaries</p> <p>3:00 🎵 BINGO</p>	<p>Vietnam Day 27</p> <p>8:30 ↔ Seated Strength (A) & Hydration</p> <p>9:15 🌟 Current Events & 10 Facts about Vietnam</p> <p>9:30 🎵 Watercolors & Oldie Tunes</p> <p>10:00 🎵 Halī'a Mele Club in The Lanai</p> <p>12:30 🚗 3rd Flr. Van Ride: Kaka'ako</p> <p>1:00 🎵 Tissue Paper Art</p> <p>2:00 🚗 Charades & Name That! YouTube Edition</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Kazoo Day 28</p> <p>8:30 ↔ Seated Strength (B) & Hydration</p> <p>9:15 🌟 Current Events & What Is a Kazoo?</p> <p>9:30 🎵 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 🎵 Japanese Sing Along</p> <p>12:30 🎵 Bubble Time & Garden Club in The Lanai</p> <p>1:30 🎵 Arts & Crafts: Dream Catcher Making</p> <p>2:30 🌟 Who Is It? & Hangman</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Puzzle Day 29</p> <p>8:30 ↔ Ageless Fitness & Hydration</p> <p>9:15 🌟 Current Events & Wackiest Puzzles in The World</p> <p>10:00 🎵 Plaza Sing Along: 2nd Floor</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 🎵 Fun Film & Popcorn</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Croissant Day 30</p> <p>8:30 ↔ Seated Strength Circuits & Hydration</p> <p>9:15 🌟 Current Events & History of The Croissant</p> <p>9:30 🎵 Hot Chocolate & Talk Story at The Bistro</p> <p>10:15 ↔ Mega Toss Games</p> <p>12:30 🎵 Bubble Time & Garden Club in The Lanai Time</p> <p>1:30 🎵 Watercolors & Oldie Tunes</p> <p>2:30 🎵 Sensory Break: Guess This Scent!</p> <p>3:15 ↔ Chair Zumba & Hydration</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>	<p>Inspired Art Day 31</p> <p>8:30 ↔ Seated Strength (A) & Hydration</p> <p>9:15 🌟 Current Events & Inspiring Artists from Hawaii</p> <p>10:00 🎵 Local Jamz w/ Dean Hirata: 2nd Floor</p> <p>12:30 🎵 Lanai Time</p> <p>2:00 🎵 Q-Tip Art & Puzzle Packs</p> <p>3:00 ↔ Chair Zumba & Hydration</p> <p>3:30 🌟 Name 5 & Guess That Tune</p> <p>5:00 🎵 BINGO</p> <p>5:30 ↔ Evening Cool Down Stretches</p>
	<p>Arkansas Day 11</p> <p>8:30 ↔ Seated Strength (B) & Hydration</p> <p>9:15 🌟 Current Events & Fun Facts About Arkansas</p> <p>9:45 ↔ Balloon Volleyball</p> <p>10:30 🌟 Pictionary & Hangman</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 🎵 Arts & Crafts: Popsicle Stick Cactus Making</p> <p>2:30 ↔ Ageless Fitness & Hydration</p> <p>3:15 🌟 BINGO</p> <p>5:00 ↔ Evening Cool Down Stretches</p> <p>5:30 🎵 Stories of Old Hawaii</p>	<p>Winnie The Pooh Day 18</p> <p>8:30 ↔ Seated Strength (B) & Hydration</p> <p>9:15 🌟 Current Events & Best Clips of Winnie The Pooh</p> <p>9:45 ↔ Balloon Volleyball</p> <p>10:30 🌟 Pictionary & Hangman</p> <p>12:30 🎵 Lanai Time</p> <p>1:30 🎵 Arts & Crafts: Toilet Paper Roll Butterfly Making</p> <p>2:30 ↔ Ageless Fitness & Hydration</p> <p>3:15 🌟 BINGO</p> <p>5:00 ↔ Evening Cool Down Stretches</p> <p>5:30 🎵 Stories of Old Hawaii</p>	<p>Irish Coffee Day 25</p> <p>8:30 ↔ Seated Strength (B) & Hydration</p> <p>9:15 🌟 Current Events & What is Irish Coffee?</p> <p>9:45 ↔ Balloon Volleyball</p> <p>10:30 🌟 Pictionary & Hangman</p> <p>12:30 🎵 Lanai Time</p> <p>2:00 🎵 Musical Performance by The Wahiawa SDA Church Group: 2nd Floor</p> <p>3:15 🌟 BINGO</p> <p>5:00 ↔ Evening Cool Down Stretches</p> <p>5:30 🎵 Stories of Old Hawaii</p>		