

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – September Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Battle Bags Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Forgiveness Day</p>	<p>2. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Labor Day Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:00 – Courtyard Cruising (C) 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Labor Day</p>	<p>3. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Cinema Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cinema Day</p>	<p>4. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Macadamia Nut Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Macadamia Nut Day</p>	<p>5. 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert 10:00 – Senior Moments (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Pizza Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Cheese Pizza Day</p>	<p>6. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Music Performance with Glenna and Dave (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Book Trivia 2:00 – Friday Matinee Movie 3:00 – Hidden Pictures 3:30 – Swatter Balloon Volleyball 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Read A Book Day</p>	<p>7. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Music with Michael (A) 10:45 – Water & Bathroom Break 12:30 – Lunch 1:30 – Beer Trivia 2:00 – Saturday Matinee Movie 2:00 – Zumba with Annette (A) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Beer Lovers Day</p>
<p>8. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – Grandparents Trivia 2:00 – Sensory Shenanigans 2:00 – Musikgarten Performance (A) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Grandparents Day</p>	<p>9. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Crafting with Linda (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Decades Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Decades Dress Up Day</p>	<p>10. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – Hawaii Dance Bomb Silent Disco 12:30 – Lunch 1:30 – Assisted Living Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Tye Dye Dress Up Day</p>	<p>11. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Joyful Ohana Performance (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Cowboy Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner Western Cowboy Dress Up Day</p>	<p>12. 8:30 – Breakfast 9:30 – The Ratpack Concert 9:30 – Karaoke Gang (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Sports Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Sports Jersey Dress Up Day</p>	<p>13. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Kupuna Mele (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 1:30 – Hawaii Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 2:00 – Popsicles (C) 3:00 – Battle Bags Toss 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Aloha Attire Dress Up Day</p>	<p>14. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Useless Facts Trivia 2:00 – Saturday Matinee Movie 2:00 – Strength and Balance Fusion Fitness with Daniel (A) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Live Creative Day</p>
<p>15. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – Cheeseburger Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Basketball 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Double Cheeseburger Day</p>	<p>16. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Body & Brain Yoga with Karen (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Play Doh Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Play Doh Day</p>	<p>17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Dean Martin Concert 10:00 – Piano Performance with Roy (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Housekeeping Trivia 2:00 – Sing-Along with Susie Q 2:00 – Ice Cream Soda Floats in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Professionals House Cleaner Day</p>	<p>18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Music with Mike Kahue (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Air Force Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner Air Force Birthday</p>	<p>19. 8:30 – Breakfast 9:30 – Cognifit 10:00 – The Rat Pack Concert 10:00 – Mellow Friends Karaoke Group (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Pirate Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Talk Like A Pirate Day</p>	<p>20. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Music with Dean (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Pizza Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 2:00 – Popsicles (C) 3:00 – Nerf Target Shooting 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Pepperoni Pizza Day</p>	<p>21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Zumba with Annette (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Random Facts Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Clean Up Day</p>
<p>22. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – States Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Bean Bag Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National States and Capitals Day</p>	<p>23. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Pot Pie Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Great American Pot Pie Day</p>	<p>24. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Punctuation Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Punctuation Day</p>	<p>25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Elvis Presley Concert 10:00 – Hank the Singing Dutchman (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Daughters Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Arts & Crafts 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Daughters Day</p>	<p>26. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Pancake Trivia 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Pancake Day</p>	<p>27. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Ray Charles Concert 10:00 – Inspirational Music with Wally (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Aluminum Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 2:00 – Popsicles (C) 3:00 – Battle Bags Toss 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Crush A Can Day</p>	<p>28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Perry Como Concert 10:00 – Mrs. Hawaii United States and her K9 Friends (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Neighbor Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Good Neighbor Day</p>
<p>29. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Pet Therapy with Chibi and Wicket 12:30 – Lunch 1:30 – Veterans Trivia 2:00 – Sing-Along with Susie Q 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Target Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National VFW Day</p>	<p>30. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Frank Sinatra Concert 10:00 – Body & Brain Yoga with Karen (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – People Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:00 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Love People Day</p>		 <p>HAPPY LABOR DAY!</p>	 <p>HAPPY NATIONAL HOUSEKEEPING WEEK!</p>	<p>Van Departures Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY C – Courtyard A – Activity Room L – Lobby</p>