

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Aids Day 1 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:30 Live Stream: New Hope Video Service (Media Room) 11:15 Prepare for Lunch 11:30 Lunch 1:00 Music Therapy 1:30 Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 1:45 Musical Movie 4:00 Water & Bathroom Break 4:30 Dinner	Walt Disney Day 2 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:15 Musical Performance: Randy Nunez 11:15 Prepare for Lunch 11:30 Lunch 1:00 Chair Yoga Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - Plaid Ornaments 1:45 Scenic Ride 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	Make A Gift Day 3 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:15 Silent Disco: Hawaii Dance Bomb 11:15 Prepare for Lunch 11:30 Lunch 1:00 Bollywood Exercise Dance 1:30 Water & Bathroom Break 1:45 Butterfly Station - Present Wrapping 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	Santa's List Day 4 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Balloon Volleyball 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Bingo 1:30 Water & Bathroom Break 1:45 Butterfly Station - Foil Tree Ornaments 1:45 Scenic Ride 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	National Communicate With Your Kid's Day 5 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Group Activity: Puzzles, Word Search 10:00 Hydration Break 10:15 Music & Movement 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - Bingo 2:45 Best Friend Hour 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	National Microwave Day 6 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 2:45 Best Friend Hour 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	National Pearl Harbor Remembrance Day 7 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Group Activity: Painting, Brain Games 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 1:45 Fabulous Nails & Social Circle 2:45 Best Friend Hour 3:30 Afternoon Strolls 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down
World Coral Day 8 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:30 Live Stream: New Hope Video Service (Media Room) 11:15 Prepare for Lunch 11:30 Lunch 1:00 Music Therapy 1:30 Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 4:00 Water & Bathroom Break 4:30 Dinner	National Pastry Day 9 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Crafts - Poinsetta 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Chair Yoga Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - Karaoke Caroling 1:45 Scenic Ride 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down 5:45 Christmas Lights Scenic	National Lager Day 10 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:15 Kupuna Ministries w/ Jon Koki 11:15 Prepare for Lunch 11:30 Lunch 1:00 Bollywood Exercise Dance 1:30 Water & Bathroom Break 1:45 Butterfly Station - Working with Pine Cones 4:00 Water & Bathroom Break 4:30 Dinner 5:20 St. Ann's Christmas Caroler's 5:30 Evening Cool Down	Unicef Day for Change 11 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Balloon Volleyball 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Bingo 1:30 Water & Bathroom Break 1:45 Butterfly Station- Christmas Stockings 1:45 Scenic Ride 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	Gingerbread House Day 12 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Group Activity: Puzzles, Word Search 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - Christmas Games 2:45 Best Friend Hour 2:45 Heeia School Christmas Performance 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	St. Lucia Day 13 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:00 Musical Performance Hank the Singing Dutchman 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 1:45 Friends of Vai 2:45 Best Friend Hour 3:30 Afternoon Strolls 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	Gingerbread Decorating Day 14 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:15 LDS Visit & Activities 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 2:00 Friends of Vai 2:45 Best Friend Hour 3:30 Afternoon Strolls 4:00 Central Union Preschool Christmas Performance 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down
National Lemon Cupcake Day 15 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:30 Live Stream: New Hope Video Service (Media Room) 11:15 Prepare for Lunch 11:30 Lunch 1:00 Music Therapy 1:30 Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 1:45 Musical Movie 3:30 Harpist Dustin Ebesu 4:00 Water & Bathroom Break 4:30 Dinner	National Chocolate Covered ANYTHING Day 16 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Crafts - Black Florescent Trees 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Chair Yoga Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - Caroling 1:45 Scenic Ride 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	Wright Brothers Day 17 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:00 Musical Performance: Sanford Lee 11:15 Prepare for Lunch 11:30 Lunch 1:00 Bollywood Exercise Dance 1:30 Water & Bathroom Break 1:45 Butterfly Station - Western Caroling 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	Bake Cookie Day 18 9:00 Morning Exercise / Talk Story 9:00 Windward Nazarene School 9:30 Morning Guided Walks 10:00 Balloon Volleyball 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Bingo 1:30 Water & Bathroom Break 1:45 Butterfly Station - Soul Caroling 1:45 Scenic Ride 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	National Oatmeal Muffin Day 19 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Group Activity: Puzzles, Word Search 10:00 Heeia School Student Visits 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 2:45 Best Friend Hour 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down 6:30 Wellspring Covenant Church Performance	DRESS UP DAY National Christmas Ugly Sweater Day 20 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:15 Uta Kai Japanese Sing-a-Long 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 1:45 Fabulous Nails & Social Circle 2:45 Best Friend Hour 3:30 Afternoon Strolls 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	DRESS UP DAY Christmas PJs 21 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Group Activity: Painting, Brain Games 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 1:45 Fabulous Nails & Social Circle 2:45 Best Friend Hour 3:30 Afternoon Strolls 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down
DRESS UP DAY Tinsel Shine Bright 22 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:30 Live Stream: New Hope Video Service (Media Room) 11:15 Prepare for Lunch 11:30 Lunch 1:00 Music Therapy 1:30 Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 4:00 Water & Bathroom Break 4:30 Dinner 6:30 Oahu College Jazz Band	DRESS UP DAY Green & Red Day 23 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Crafts 10:00 Hydration Break 10:00 Mellow Friends Karaoke 11:15 Prepare for Lunch 11:30 Lunch 1:00 Chair Yoga Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - Craft Headband 1:45 Scenic Ride 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	CHRISTMAS EVE DRESS UP DAY Holiday Headwear 24 National Day 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:15 Musical Performance: Roy Hamada 11:15 Prepare for Lunch 11:30 Lunch 1:00 Bollywood Exercise Dance 1:30 Water & Bathroom Break 1:45 Butterfly Station - Scavenger Hunt 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	MERRY CHRISTMAS DRESS UP DAY Aloha Christmas 25 National Day 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Balloon Volleyball 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Bingo 1:30 Water & Bathroom Break 1:45 Butterfly Station - Toilet Paper Penquin 1:45 Scenic Ride 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down 6:30 Anchor's Church Kanakapila	National Candy Cane Day 26 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Group Activity: Puzzles, Word Search 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 2:45 Best Friend Hour 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down 6:30 Alzheimer Caregiver Support Group	National Fruitcake Day 27 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 2:45 Best Friend Hour 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	Holy Innocents Day 28 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Group Activity: Painting, Brain Games 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Plaza Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 2:45 Best Friend Hour 2:45 Musical Performance: Dean Hirata 3:30 Afternoon Strolls 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down
Tick Tock Day 29 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 10:30 Live Stream: New Hope Video Service (Media Room) 11:15 Prepare for Lunch 11:30 Lunch 1:00 Music Therapy 1:30 Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - 1:45 Musical Movie 4:00 Water & Bathroom Break 4:30 Dinner	National Bacon Day 30 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Crafts 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Chair Yoga Exercise 1:30 Water & Bathroom Break 1:45 Butterfly Station - Resolution Craft 1:45 Scenic Ride 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	NEW YEAR'S EVE 31 National Day 9:00 Morning Exercise / Talk Story 9:30 Morning Guided Walks 10:00 Hydration Break 11:15 Prepare for Lunch 11:30 Lunch 1:00 Balloon Garland 1:30 Water & Bathroom Break 1:45 Butterfly Station - Toilet paper Fireworks 4:00 Water & Bathroom Break 4:30 Dinner 5:30 Evening Cool Down	<div style="text-align: center;"> <p>Activities are subject to change</p>  </div>			