

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



-  **Health & Fitness**
-  **Movie**
-  **Shuttle**
-  **Special Event**

<p style="text-align: center;">National Groundhog Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">2</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 Board Games: Checkers, Connect 4, Candyland, Jenga 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 BINGO 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</p>	<p style="text-align: center;">National Carrot Cake Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">3</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Brain Quest 10:00 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</p>	<p style="text-align: center;">National Homemade Soup Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">4</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Lovely Hula Hands" [A] 10:00 Hali'a Best Friend of the Month: Lacing Cards [A] 11:00 LUNCH 12:00 Medical Transportation 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">National Read Aloud Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">5</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:45 Sightseeing: Kapalama 10:00 New Hope Church Service [T] 10:00 Read Out Loud 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Afternoon Stroll [A] 2:00 Horse Shoes 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER UH VOLLEYBALL: STANFORD [A]</p>	<p style="text-align: center;">National Chopstick Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">6</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Hangman- Asian Food 10:00 Chopstick Game 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</p>	<p style="text-align: center;">Dress Day: Red</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">7</p> <p style="text-align: center;">National Wear Red Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Music with Dean Hirata [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Afternoon Stroll [A] 2:00 Plaza Sing A-long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER UH VOLLEYBALL: STANFORD [T]</p>	<p style="text-align: center;">National Dark Chocolate Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">1</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Blackjack [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER UH VOLLEYBALL: BYU [T]</p>
<p style="text-align: center;">Dress Day: Football Jersey or Shirts</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">9</p> <p style="text-align: center;">National Superbowl Day</p> <p>1:00 Let's go Fishing 7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 Tic Tac Toe 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Kaimuki 1:15 Super Bowl LIX Tailgate Party [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</p>	<p style="text-align: center;">Dress Day: Plaza Shirts or Flannel</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">10</p> <p style="text-align: center;">National Flannel Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Lacing Cards 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</p>	<p style="text-align: center;">National Make A Friend Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">11</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Kalama'ula- George Helm" [A] 10:00 Hali'a Best Friend of the Month: George Helm Concert [A] 11:00 LUNCH 12:00 Medical Transportation 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">National Hug Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">12</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 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 Afternoon Stroll [A] 2:00 Craft: Love Bugs 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">National Giving Hearts Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">13</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Hangman- Love Songs 10:00 Crafts: Love Monsters 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</p>	<p style="text-align: center;">Dress Day: Red or Pink</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">14</p> <p style="text-align: center;">Valentine's Day</p> <p style="text-align: center;">Valentines Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Craft: Valentines Day Glasses [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Cooking Demo with Jeremy [A] 2:00 Plaza Sing A-long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">National Butterscotch Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">15</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 BINGO [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p style="text-align: center;">National Do a Grouch A Favor Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">16</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 5 Second Rule Game 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Jenga 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</p>	<p style="text-align: center;">President's Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">17</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 BINGO 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</p>	<p style="text-align: center;">National Thumb Appreciation Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">18</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Hanalei Moon" [A] 10:00 Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Afternoon Stroll [A] 1:00 Hali'a Best Friend of the Month: Making Paper Lei's [A] 2:05 Ukulele Sing-a-Long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">National Chocolate Mint Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">19</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:45 Sightseeing: Ke'ehi Lagoon 10:00 Coloring with Classical Music 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Afternoon Stroll [A] 2:00 BINGO 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">Dress Day: Plaza Shirts</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">20</p> <p style="text-align: center;">National Muffin Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Hangman-Muffins 10:00 Pet Therapy with Wes Koga [A] 11:00 LUNCH 12:30 Chair Tai Chi [A] 1:00 Mini Pulelehua Stations [A] 2:00 UH VOLLEYBALL: BELMONT ABBEY [T] 2:15 Bowling [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">Dress Day: Blue and/or White</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">21</p> <p style="text-align: center;">National Caregiver's Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Matching Game [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Afternoon Stroll [A] 2:00 Plaza Sing A-long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">Dress Day: Sportswear</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">22</p> <p style="text-align: center;">National Recreational Sports & Fitness Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Yoga [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:00 Kanikapila [T] 2:20 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p style="text-align: center;">National Tootsie Roll Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">23</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 Tic Tac Toe 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Kaneohe 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</p>	<p style="text-align: center;">National Tortilla Chip Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">24</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [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</p>	<p style="text-align: center;">National Chocolate Covered Nut Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">25</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Hali'a Best Friend of the Month: Favorite Treat [A] 11:00 LUNCH 12:00 Medical Transportation 1:00 Mini Pulelehua Stations [A] 2:05 Ukulele Sing-a-Long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">National Pistachio Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">26</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 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 Afternoon Stroll [A] 2:00 BINGO 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p style="text-align: center;">National Strawberry Day</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">27</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:30 Morning Exercise [A] 9:15 Hangman- Strawberry Desserts 10:00 Craft: Strawberry 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</p>	<p style="text-align: center;">Dress Day: Floral Shirts</p> <p style="text-align: right; font-size: 2em; font-weight: bold;">28</p> <p style="text-align: center;">National Floral Design Day</p> <p>7:00 BREAKFAST <i>Newspaper Current Events Discussion [A]</i> 8:15 Morning Exercise [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 Craft: Paper Flowers [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Afternoon Stroll [A] 2:00 Plaza Sing A-long [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER UH VOLLEYBALL: UC IRVINE [T]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">Location Keys</p> <p style="text-align: center; font-size: 1.5em;">Activity Room A</p> <p style="text-align: center; font-size: 1.5em;">Hoku Terrace HT</p> <p style="text-align: center; font-size: 1.5em;">Theater T</p>