


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			HAPPY NEW YEAR! 1 8:30 🍴 Breakfast 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 2:30 🎮 Craft, Movie, Games 4:00 ❤️ Hydration Break & Stretching 5:00 📖 New Years Catholic Mass 5:30 🍴 Dinner	National Cream Puff Day 2 8:30 🍴 Breakfast 9:30 📖 Prayer Group - Kailua Christian Church 10:30 🎵 Music & Movement 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 2:30 🎮 Craft, Movie, Games 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Drinking Straw Day 3 8:30 🍴 Breakfast 9:45 ❤️ Exercise - Morning Stretches 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 2:30 🎮 Craft, Movie, Games 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Trivia Day 4 8:30 🍴 Breakfast 10:30 🗨️ Living Room 'Talk Story' 10:30 🗨️ Victory Hawaii Church Bingo 12:30 🍴 Lunch 2:00 Afternoon Strolls and Waterfall Time 2:30 🎮 Craft, Movie, Games 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner
						
National Bird Day 5 8:30 🍴 Breakfast 9:45 ❤️ Exercise - Morning Stretches — 📖 Live Stream: New Hope Video Service 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls and Waterfall Time 2:30 🎮 Craft, Movie, Games 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Technology Day 6 8:30 🍴 Breakfast 10:15 🐾 Pet Visits 10:30 🗨️ Living Room 'Talk Story' 11:00 📖 Buddhist Services 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 2:30 🎮 Craft, Movie, Games 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Bobblehead Day 7 8:30 🍴 Breakfast 9:45 ❤️ Exercise - Morning Stretches 10:30 🎵 Silent Disco: Hawaii Dance Bomb 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 2:30 🎮 Craft, Movie, Games 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Bubble Bath Day 8 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 2:30 🎮 Craft - Chinese Latern Craft 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Law Enforcement Day 9 8:30 🍴 Breakfast 9:30 📖 Prayer Group - Kailua Christian Church 10:00 ❤️ Plaza Seated Strength Training 10:30 🎵 Musical Performance: Legacy 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 3:00 ❤️ Beach Volleyball 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Houseplant Appreciation Day 10 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 3:00 🎮 Sensory Bin 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Arkansas Day 11 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner
National Marzipan Day 12 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training — 📖 Live Stream: New Hope Video Service 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 3:00 📖 Movie: Moana (DIS) 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Sticker Day 13 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:15 🐾 Pet Visits 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Gazebo Activities 3:00 ⭐ Craft - Sticker Art 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Dress Up Your Pet Day 14 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🎵 Kupuna Ministries with Jon Koki 12:30 🍴 Lunch 2:00 🗨️ Afternoon Strolls 3:00 🎮 Pet Painting / Coloring 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Strawberry Ice Cream Day 15 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🎵 Musical Performance: Sanford Lee 12:30 🍴 Lunch 2:00 🗨️ Afternoon Strolls / Gazebo Activities 3:00 🗨️ Word Games 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Religious Freedom Day 16 8:30 🍴 Breakfast 9:30 📖 Prayer Group - Kailua Christian Church 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 3:00 ❤️ Table Bowling 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Popeye The Sailor Man Day 17 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 3:30 🗨️ BINGO 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Winnie The Pooh Day 18 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 10:30 🗨️ Victory Hawaii Church Bingo 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner
National Popcorn Day 19 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training — 📖 Live Stream: New Hope Video Service 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 3:00 📖 Movie: The Dressmaker (PT) 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	Martin Luther King, Jr. Day 20 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:15 🐾 Pet Visits 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 1:15 🎮 Chinese Lion Dance Celebration 2:00 Afternoon Strolls / Music by Waterfall 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Hugging Day 21 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 3:00 🎮 Craft - Painting 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	Celebration of Life Day 22 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 3:00 🗨️ Word Games 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Pie Day 23 8:30 🍴 Breakfast 9:30 📖 Prayer Group - Kailua Christian Church 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Big Wig Day 24 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 10:30 🎵 Musical Performance: Dean Hirata 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 3:00 🗨️ BINGO 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Irish Coffee Day 25 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 2:30 🎵 Musical Performance: Dean Hirata 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner
National Peanut Brittle Day 26 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training — 📖 Live Stream: New Hope Video Service 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 3:30 📖 Movie: Forge (NF) 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	Viet Nam Peace Day 27 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:15 🐾 Pet Visits 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Gazebo Activities 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Kazoo Day 28 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🎵 Musical Performance: Roy Hamada 12:30 🍴 Lunch 2:00 Afternoon Strolls / Music by Waterfall 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Puzzle Day 29 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Gazebo Activities 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	National Croissant Day 30 8:30 🍴 Breakfast 9:30 📖 Prayer Group - Kailua Christian Church 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Gazebo Activities 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	Inspire Your Heart With Art Day 31 8:30 🍴 Breakfast 10:00 ❤️ Plaza Seated Strength Training 10:30 🗨️ Living Room 'Talk Story' 12:30 🍴 Lunch 2:00 Afternoon Strolls / Gazebo Activities 2:00 Afternoon Strolls / Music by Waterfall 3:00 🗨️ BINGO 4:00 ❤️ Hydration Break & Stretching 5:30 🍴 Dinner	<p style="text-align: center;">Activities are subject to change.</p>