

FLAVORS DAY						
9:00	••	Morning Stretches				
9:30	•	Chair Yoga				
10:00		Hydration		1		
10:05	Ġ.	Brain Exercise: CREATIVE ICE CREAM	1	1		
		FLAVORS		1		
1:30	•	Afternoon Exercise: Move it, Shake it				
2:00	4	Crafts : Make an Edible Fruitloop		1		
		Bracelets				
2:30	Ď.	Words cross & Snacks				
3:00	4	Art: Handmade Fan				

1			ITER DAY	7
EAM	<b>9:00</b> 9:30 10:00	<b>↔</b>	Morning Stretches Chair Yoga InstruMix with Jostlyn	
e it		₩,	Hydration Tuesday Movie Scenic Bus Ride: Diamond H Beach Park	ead
	3:30	w	Aroma Hand Massage / Orar Tea	nge
0	NATIO	NA	L SUGAR COOKIE DAY	0

2:15 🖨 Scenic Bus Ride: Papakolea

10:05 Wooden SeaWorld Crafts DIY

3:30 M Afternoon Aromatherapy

1:30 Tuesday Movie

**CORN FRITTERS DAY** 

9:30 Chair Yoga

1:30 Tuesday Movie

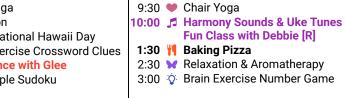
10:00 Hydration

9:00 ➡ Morning Stretches

)	DAY	AL CHUCULATE WAFER
	9:00 ↔	Morning Stretches
	9:30 🕊	Chair Yoga
	10:00	Hydration
	10:05 🔏	Art : Painting/ Crafts with Wood
		Stick
d	1:30 🗘	Trivia: Chocolate Day
	2:15 🚍	Scenic Bus Ride: Manoa [L]
•	3:30 🗘	Fun Puzzle



_/	NATIONAL HAWAII DAY				
4	9:00	•	Morning Stretches Chair Yoga		
	9:30	•	Chair Yoga		
n of	110.00		Hydration		
	10:05	÷Q:	Trivia: National Hawa		
R]	1:30	·Q·	Brain Exercise Crossy		
			<b>Line Dance with Glee</b>		
	3:30	Ġ.	Fun Simple Sudoku		



◀ ♠ NATIONAL DELAWARE DAY

9.00	-	Morning Suetches	
9:30	•	Chair Yoga	
10:00		Hydration	1
		Fun Simple Sudoku	1
1:30	\$	<b>Church Service with Pastor Carl</b>	ľ
		& Pastor Steve	
2:30	W	Rice Krispies Craft	
3:00	Ö.	BINGO	

			~
			Morning Stretches
	9:30	•	Chair Yoga
	10:00		Hydration
ı			Sing Along with Gordon & Sandy Young [R]
	1:30	1	Sing Along with Dean Hirata [LR]
	2:00	W	Afternoon Relaxation & Aroma Ha

Memory Photo Book

NATIONAL CHOCOLATE WITH

ALMONDS DAY

10:00 Hydration

1:30 🎜 Sing Along with Dean Hirata [LR]
2:00 🗙 Afternoon Relaxation & Aroma Hand
massage
2:30 💚 Step Dance
3:00 🚅 Art & Create : Beautiful Personalize

NATIO	NATIONAL SUGAR COOKIE DAY		
9:00	•	Morning Stretches	9
9:30	•	Chair Yoga	
10:00		Hydration	
10:00	F	Sing Along & Ukulele with Jolene [LR]	

9:30 V Chair Yoga 10:00 Hydration 10:00 Water painting 1:30 🌣 Trivia : About Kittens 2:15 🖨 Scenic Bus Ride: Kaka' ako [L 3:30 🌣 Fun Puzzle

**NATIONAL KITTEN DAY** 

0	DAY		L BLUEBERRY MUFFIN
	9:00	•	Morning Stretches Chair Yoga Easy to Knot: Quilt Making Hydration
	9:30	•	Chair Yoga
	10:00	•	Easy to Knot: Quilt Making
	10:00		Hydration
L]	1:15	•	Tai Chi with Ken [R]
	1:30	F	Line Dance with Glee

2:30 Paint By Numbers

3:00 🌣 BINGO

9:00	••	Morning Stretches
9:30	•	Chair Yoga
10:00		Hydration
1:30	5	<b>Harmony Sounds &amp; Uke Tunes</b>
		Fun Class with Debbie [R]
1:40	Ġ.	Pick a Flower a Card Game
2:30	F	Line Dance with Glee
3:30	ij.	Fun Simple Sudoku

**EAT YOUR JELLO DAY** 

9:00	•	Morning Stretches
9:30	•	Chair Yoga Hydration
10:00		Hydration
10:05	Ġ.	Matching Game  Zumba with Annette [R]
2:30	Ġ.	Super Bing Boggle

3:00 🌣 Brain Exercise Number Game

NATIONAL MAG AND OUTFOR
NATIONAL MAC AND CHEESE
DAY

**NATIONAL MACARONI DAY** 

0.00 Morning Stretches

9:00	•	Morning Stretches
9:30	•	Chair Yoga
10:00		Hydration
10:05	Ġ.	Fun Simple Sudoku
1:30	883	<b>Church Service with Pastor Carl</b>
		& Pastor Steve
2:30	•	Art : Q-tip Bundle Summer

1:30	\$	<b>Church Service with Pastor Carl</b>
		& Pastor Steve
2:30	4	Art : Q-tip Bundle Summer
		Painting
3:00	ij.	BINGO

		•		
NATIONAL GUMMI WORM DAY				
9:00	•	Morning Stretches		
9:30	•	Chair Yoga		
10:00		Hydration		
10:05	Ġ.	Word Search Reusable Puzzle		
2:00	W	<b>Afternoon Relaxation &amp; Aroma</b>		
		Hand massage		

Hand massage	2:15 🖨 Scenic Bus Ride: Waikiki
	3:30 W Afternoon Aromatherapy
3:00 🎜 Art & Create : Beautiful Personalize Memory Photo Book	

16	NATIONAL HOT DOG DAY 9:00 ♣ Morning Stretches
10	9:00 •• Morning Stretches
	9:30 💚 Chair Yoga

10:00		Hydration
10:00	•	Water painting
1:30	5	Trivia: Hotdog Day
2:15		Scenic Bus Ride: Hawaii Kai [L]
3:30	Ö.	Fun Puzzle

NATIONAL SOUR CANDY DAY					
9:00	•	Morning Stretches			
9:30	•	Chair Yoga			
10:00	•	Easy to Knot: Flowers			
10:00		Hydration			
1:15	•	Tai Chi with Ken [R]			
1:30	•	Line Dance with Glee			
2:30	ij.	Paint By Numbers			
3.00		Made Card for Best Frien			

8	NATIONAL WORDS WITH FRIENDS DAY	•
	9:00 Morning Stretches	
	9:30 Chair Yoga	
	10:00 Hydration	
	1:30 Sing Along & Ukulele with Jolene	h
	2:30 🞜 Line Dance with Glee	
	3:30 🔅 Fun Simple Sudoku	

9	NATIO DAY	NA	L FORTUNE COOKIE	20
	9:00	-	Morning Stretches	
	9:30	•	Chair Yoga	
			Hydration	
			Matching Game	
			STEAM Paper Butterflies	
	2:30	<b>9</b>	Craft Floral Frames	
	3:00	Ď.	Brain Exercise Number G	ame

NATIONAL LOVE IS KIND DAY

9:00 Morning Stretches

NATIO	NA	L JUNK FOOD DAY
9:00	•	Morning Stretches
9:30	•	Chair Yoga
		Hydration
		Fun Simple Sudoku
1:30	\$	<b>Church Service with Pastor Carl</b>
		& Pastor Steve
2:30	49	3D Hot Air Balloon Craft
3:00	ij.	BINGO

NATIO	)NA	L MANGO DAY	22
9:00	•	Morning Stretches	77
9:30	•	Chair Yoga	
		Hydration	
10:05	Ä.	Word Search Reusable P	uzzle
2:00	W	Afternoon Relaxation &	Aroma
		Hand massage	
2:30	•	Step Dance	
3:00	<b>5</b>	Art & Create : Beautiful	
		Personalize Memory Pho	oto Book

NATIONAL VANILLA ICE CREAM DAY 23			NATIONAL AMELIA EARHART DAY			
9:00	•	Morning Stretches	9:00	•	Morning Stretches	
9:30	•	Chair Yoga	9:30	•	Chair Yoga	
10:00		Hydration	10:00		Hydration	
10:00	F	Sing Along & Ukulele with Jolene	10:00	•	Water painting	
		[LR]	1:30	<b>5</b>	Trivia: Lost City of the	
1:30	₩,	Tuesday Movie	2:15		Scenic Bus Ride: Chi	
2:15		Scenic Bus Ride: Punchbowl	3:30	ij.	Fun Puzzle	
3:30	W	Afternoon Aromatherapy				

)	DAY	24	
	9:00	•	Morning Stretches
	9:30	•	Chair Yoga
	10:00		Hydration
e	10:00	4	Water painting
	1:30	<b>5</b>	Trivia: Lost City of the Incas
	2:15		Scenic Bus Ride: China Town [L]
	3:30	Ġ.	Fun Puzzle

DAY			
9:00	•	Morning Stretches	
9:30	•	Chair Yoga	
		Hydration	
		Easy to Knot: Keychain	
	•	Line Dance with Glee	
		Snacks & Relax	
3:00	ΞQ.	BINGO	



3:30 🌣 Fun Simple Sudoku

10:00		Hydration
10:05	Ö.	Matching Game
1:30	•	STEAM Paper Flower
2:30	•	Fun Step Dance
	1:30	

9:30 Chair Yoga

	•	3
1:30	49	STEAM Paper Flowers
2:30	•	Fun Step Dance
3:00	Ġ.	Brain Exercise Number Game

NATIONAL MILK CHOCOLATE
DAY
9:00 Morning Stretches

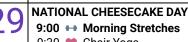
9:30	•	Chair Yoga
10:00		Hydration
10:05	ij.	Fun Simple Sudoku
1.00	200	Observatory make D

10:00	Hydration	10:05 🌣	Word Search Reusable Puzzle
10:05 🌣	Fun Simple Sudoku	2:00 W	Afternoon Relaxation & Aroma
1:30 🖀	<b>Church Service with Pastor Carl</b>		Hand massage
	& Pastor Steve	2:30 💚	Step Dance
2:30 💥	Relaxing Brain Activity Easy	3:00 🎜	Art & Create : Beautiful

2:30 Relaxing Brain Activity Easy Puzzle 3:00 🌣 BINGO

## **NATIONAL LIPSTICK DAY** 9:00 ← Morning Stretches 9:30 V Chair Yoga

Personalize Memory Photo Book



9:00 ← Morning Stretches 9:30 Chair Yoga 10:00 Hydration 10:05 Memory Boxes 1:30 Tuesday Movie 2:15 🖨 Scenic Bus Ride: H-3

3:30 M Afternoon Aromatherapy

**NATIONAL AVOCADO DAY** 31 9:00 ← Morning Stretches 9:30 Chair Yoga 10:00 Hydration 10:05 Water painting 1:30 🎜 Trivia: Avocado Day 2:15 🖨 Scenic Bus Ride: Aloha Tower 3:30 🌣 Fun Puzzle



"Strive not to be a success, but rather to be of value.'

- Albert Einstein

