




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NATIONAL CREATIVE ICE CREAM FLAVORS DAY 1 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Brain Exercise : CREATIVE ICE CREAM FLAVORS 1:30 ♥ Afternoon Exercise: Move it, Shake it 2:00 🎨 Crafts : Make an Edible Fruitloop Bracelets 2:30 ☕ Words cross & Snacks 3:00 🎨 Art: Handmade Fan	NATIONAL WILDLAND FIREFIGHTER DAY 2 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 ♥ InstruMix with Jostlyn 10:50 Hydration 1:30 🎬 Tuesday Movie 2:15 🚌 Scenic Bus Ride: Diamond Head Beach Park 3:30 🦋 Aroma Hand Massage / Orange Tea	NATIONAL CHOCOLATE WAFER DAY 3 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 🎨 Art : Painting/ Crafts with Wood Stick 1:30 ☕ Trivia: Chocolate Day 2:15 🚌 Scenic Bus Ride: Manoa [L] 3:30 ☕ Fun Puzzle	INDEPENDENCE DAY 4 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 🎶 Zumba Party for Celebration of the Independence Day [LR] 1:30 ★ Independence Day Event [LR] 2:30 ☕ Paint By Numbers 3:00 ☕ BINGO	NATIONAL HAWAII DAY 5 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Trivia: National Hawaii Day 1:30 ☕ Brain Exercise Crossword Clues 2:30 🎶 Line Dance with Glee 3:30 ☕ Fun Simple Sudoku	NATIONAL PLAY OUTSIDE DAY 6 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 🎶 Harmony Sounds & Uke Tunes Fun Class with Debbie [R] 1:30 🍕 Baking Pizza 2:30 🦋 Relaxation & Aromatherapy 3:00 ☕ Brain Exercise Number Game
	NATIONAL MACARONI DAY 7 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Fun Simple Sudoku 1:30 🗳️ Church Service with Pastor Carl & Pastor Steve 2:30 🦋 Rice Krispies Craft 3:00 ☕ BINGO	NATIONAL CHOCOLATE WITH ALMONDS DAY 8 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:00 🎶 Sing Along with Gordon & Sandy Young [R] 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 Memory Photo Book	NATIONAL SUGAR COOKIE DAY 9 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:00 🎶 Sing Along & Ukulele with Jolene [LR] 1:30 🎬 Tuesday Movie 2:15 🚌 Scenic Bus Ride: Papakolea 3:30 🦋 Afternoon Aromatherapy	NATIONAL KITTEN DAY 10 9:00 ↔ Morning Stretches 9:30 ♥ 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 BLUEBERRY MUFFIN DAY 11 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Easy to Knot: Quilt Making 10:00 Hydration 1:15 ♥ Tai Chi with Ken [R] 1:30 🎶 Line Dance with Glee 2:30 ☕ Paint By Numbers 3:00 ☕ BINGO	EAT YOUR JELLO DAY 12 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 1:30 🎶 Harmony Sounds & Uke Tunes Fun Class with Debbie [R] 1:40 ☕ Pick a Flower a Card Game 2:30 🎶 Line Dance with Glee 3:30 ☕ Fun Simple Sudoku
NATIONAL MAC AND CHEESE DAY 14 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Fun Simple Sudoku 1:30 🗳️ Church Service with Pastor Carl & Pastor Steve 2:30 🎨 Art : Q-tip Bundle Summer Painting 3:00 ☕ BINGO	NATIONAL GUMMI WORM DAY 15 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Word Search Reusable Puzzle 2:00 🦋 Afternoon Relaxation & Aroma Hand massage 2:30 ♥ Step Dance 3:00 🎨 Art & Create : Beautiful Personalize Memory Photo Book	CORN FRITTERS DAY 16 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 🎨 Wooden SeaWorld Crafts DIY 1:30 🎬 Tuesday Movie 2:15 🚌 Scenic Bus Ride: Waikiki 3:30 🦋 Afternoon Aromatherapy	NATIONAL HOT DOG DAY 17 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:00 🎨 Water painting 1:30 🎶 Trivia: Hotdog Day 2:15 🚌 Scenic Bus Ride: Hawaii Kai [L] 3:30 ☕ Fun Puzzle	NATIONAL SOUR CANDY DAY 18 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 ☕ Paint By Numbers 3:00 🎨 Made Card for Best Friends	NATIONAL WORDS WITH FRIENDS DAY 19 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 1:30 🎶 Sing Along & Ukulele with Jolene 2:30 🎶 Line Dance with Glee 3:30 ☕ Fun Simple Sudoku	NATIONAL FORTUNE COOKIE DAY 20 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Matching Game 1:30 🎨 STEAM Paper Butterflies 2:30 🎨 Craft Floral Frames 3:00 ☕ Brain Exercise Number Game
NATIONAL JUNK FOOD DAY 21 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Fun Simple Sudoku 1:30 🗳️ Church Service with Pastor Carl & Pastor Steve 2:30 🎨 3D Hot Air Balloon Craft 3:00 ☕ BINGO	NATIONAL MANGO DAY 22 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Word Search Reusable Puzzle 2:00 🦋 Afternoon Relaxation & Aroma Hand massage 2:30 ♥ Step Dance 3:00 🎨 Art & Create : Beautiful Personalize Memory Photo Book	NATIONAL VANILLA ICE CREAM DAY 23 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:00 🎶 Sing Along & Ukulele with Jolene [LR] 1:30 🎬 Tuesday Movie 2:15 🚌 Scenic Bus Ride: Punchbowl 3:30 🦋 Afternoon Aromatherapy	NATIONAL AMELIA EARHART DAY 24 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:00 🎨 Water painting 1:30 🎶 Trivia: Lost City of the Incas 2:15 🚌 Scenic Bus Ride: China Town [L] 3:30 ☕ Fun Puzzle	NATIONAL WINE AND CHEESE DAY 25 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 Easy to Knot: Keychain 1:30 ♥ Line Dance with Glee 2:30 ☕ Snacks & Relax 3:00 ☕ BINGO	NATIONAL COFFEE MILKSHAKE DAY 26 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 2:30 🎶 Line Dance with Glee 3:30 ☕ Fun Simple Sudoku	NATIONAL LOVE IS KIND DAY 27 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Matching Game 1:30 🎨 STEAM Paper Flowers 2:30 ♥ Fun Step Dance 3:00 ☕ Brain Exercise Number Game
NATIONAL MILK CHOCOLATE DAY 28 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Fun Simple Sudoku 1:30 🗳️ Church Service with Pastor Carl & Pastor Steve 2:30 🦋 Relaxing Brain Activity Easy Puzzle 3:00 ☕ BINGO	NATIONAL LIPSTICK DAY 29 9:00 ↔ Morning Stretches 9:30 ♥ Chair Yoga 10:00 Hydration 10:05 ☕ Word Search Reusable Puzzle 2:00 🦋 Afternoon Relaxation & Aroma Hand massage 2:30 ♥ Step Dance 3:00 🎨 Art & Create : Beautiful Personalize Memory Photo Book	NATIONAL CHEESECAKE DAY 30 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 🦋 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 [L] 3:30 ☕ Fun Puzzle			 <p>"Strive not to be a success, but rather to be of value." — Albert Einstein</p>