

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Activities are subject to change



Let's celebrate our Best Friends this month!

- Creative
- Excursions
- Individual activity
- Intellectual
- Meals
- Movies
- Music
- National Day Event
- Outside
- Physical
- Social
- Special Events
- Spiritual
- Water & Bathroom Break

National Author's Day 1
 9:00 Morning Exercise / Talk Story
 9:30 Bingo
 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 Play Outside Day 2
 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
 3:30 Afternoon Strolls
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

DAYLIGHT SAVING TIME BEGINS
National Sandwich Day 3
 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 Candy Day 4
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Crafts - Scarecrow Making
 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 - Candy Trivia
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

American Football Day 5
ELECTION DAY
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Hydration Break
 10:15 Musical Performance: 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 - Mock Election
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

National Stress Awareness Day 6
 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 - Balloon Tactile Guessing Game
 1:45 Scenic Ride
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

National Bittersweet Chocolate w/ Almonds Day 7
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Group Activity: Puzzles, Word Search
 10:00 Hydration Break
 10:00 Musical Performance: Aloha Mele
 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 STEM Day 8
 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

Go To An Art Museum Day 9
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Group Activity: Painting, Brain Games
 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 -
 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

National Vanilla Cupcake Day 10
 9:00 Morning Exercise / Talk Story
 9:30 Hawaii Kai JayCeas Kupuna Care
 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

VETERANS DAY 11
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Crafts - Poppy Flower Paint
 10:00 Hydration Break
 10:00 Scenic Ride
 11:15 Prepare for Lunch
 11:30 Lunch
 1:00 Chair Yoga Exercise
 1:30 Water & Bathroom Break
 1:45 Butterfly Station -
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

National Happy Hour Day 12
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks / Mocktails
 10:00 Hydration Break
 11:15 Prepare for Lunch
 11:30 Lunch
 1:00 Bollywood Exercise Dance
 1:30 Water & Bathroom Break
 1:45 Butterfly Station - Leaf Printing /Thankful Cards
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

World Kindness Day 13
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Balloon Volleyball
 10:00 Hydration Break
 10:30 Musical Performance: Jon Koki
 11:15 Prepare for Lunch
 11:30 Lunch
 1:00 Bingo
 1:30 Water & Bathroom Break
 1:45 Butterfly Station / Karaoke Sing a long
 1:45 Scenic Ride
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

National Family PJ Day 14
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Group Activity: Puzzles, Word Search
 10:00 Hydration Break
 10:00 Musical Performance: Ed Simeona
 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

America Recycles Day 15
 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 -
 2:45 Best Friend Hour
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

National Button Day 16
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Castle HS Pacific Island Club - Activities
 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
 3:30 Afternoon Strolls
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

National Butter Day 17
 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

Mickey Mouse's Birthday 18
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Crafts - Mickey Mouse Tea Time w/ Ears
 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 -
 1:45 Scenic Ride
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

National Play Monopoly Day 19
 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 Bollywood Exercise Dance
 1:30 Water & Bathroom Break
 1:45 Butterfly Station - Monopoly Game
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

National Absurdity Day 20
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Balloon Volleyball
 10:00 Hydration Break
 10:00 Musical Performance: Sanford Lee
 11:15 Prepare for Lunch
 11:30 Lunch
 1:00 Bingo
 1:30 Water & Bathroom Break
 1:45 Butterfly Station / Pineapple Turkey Prep
 1:45 Scenic Ride
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

National Gingerbread Cookie Day 21
 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

National Go For A Ride Day 22
 9:00 Morning Exercise / Talk Story
 9:30 Hawaiian Mission Academy
 10:00 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 Family Volunteer Day 23
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 BYU Friends
 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

Celebrate Your Unique Talent Day 24
 9:00 Morning Exercise / Talk Story
 9:30 Hawaii Kai JayCeas Kupuna Care
 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 Parfait Day 25
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 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 - Turkey Head Prep
 1:45 Scenic Ride
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

Giving Tuesday 26
 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 - Thanksgiving Card Making
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down

National Jukebox Day 27
 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 Karaoke: Favorite Jukebox Songs
 1:30 Water & Bathroom Break
 1:45 Butterfly Station: Turkey Shoot and Trot
 1:45 Scenic Ride
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down
 6:30 Anchor's Church Kanakapila

HAPPY THANKSGIVING! 28
 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

National Electronic Greetings Day 29
 9:00 Morning Exercise / Talk Story
 9:30 Morning Guided Walks
 10:00 Hydration Break
 10:15 Musical Performance: Dean Hirata
 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 Mousse Day 30
 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
 3:30 Afternoon Strolls
 4:00 Water & Bathroom Break
 4:30 Dinner
 5:30 Evening Cool Down