

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Health & Fitness</p> <p>Shuttle</p> <p>Special Event</p> 	<p>National Homemade Cookies Day 1</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Nessun dorma - Puccini" [A] 10:00 Hali'a Best Friend of the Month: Talk Story with Karen [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Afternoon Stroll [A] 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>National Name Your Car Day 2</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:45 Sightseeing: South Shore Beaches 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Afternoon Stroll [A] 2:00 Mindful Coloring 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Tech Day 3</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Technology 10:00 Buddhist Service with Moiliili Hongwanji [T] 10:00 Watercolor Painting 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>National Cinnamon Day 4</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [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 COOKING DEMO [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Rhode Island Day 5</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 TRIVIA: States [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:20 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	
<p>National Noodle Day 6</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 Pet Visit: Jim and Chico 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: Sand Island 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>National Frappe Day 7</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [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>National Hero Day 8</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Libiamo ne'lieti calici - Verdi" [A] 10:00 Hali'a Best Friend of the Month: Movie- "In the Mind of a Cat" [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Afternoon Stroll [A] 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>National Day 9</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 10:00 New Hope Church Service [T] 11:00 Pet Therapy with Wilma and Milo [A] 12:45 Dancersize (Low Impact) [A] 1:00 Afternoon Stroll [A] 2:00 Balloon Volleyball 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Plaza Shirts National Handbag Day 10</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Accessories 10:00 Drawing Handbags 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>National Sausage Pizza Day 11</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 BINGO [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Bowling [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Farmer's Day 12</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Watercolor Painting [A] 11:00 LUNCH 12:30 Tea Time [A] 1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A] 2:20 Kanikapila [T] 3:00 Sensory Stroll Outdoors [HT] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>
<p>US Navy's Birthday 13</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 Sing A Long: Navy Songs 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Small Group Walking Outside 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>National Day 14</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 Music with Roy Hamada [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>National I Love Lucy Day 15</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Largo al factotum - Rossini" [A] 10:00 Silent Disco [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Afternoon Stroll [A] 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>National Sports Day 16</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:45 Sightseeing: Downtown/Chinatown 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Afternoon Stroll [A] 2:00 CRAFT: Coffee Filter Bats 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>National Pasta Day 17</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Pasta Dishes 10:00 CRAFT: Painting Pasta 10:00 Pet Therapy with Wes Koga [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Afternoon Stroll [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>National Chocolate Cupcake Day 18</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 BINGO [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 COOKING DEMO With Jeremy [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Kentucky Day 19</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Simple Math [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>Dress Day: Plaza Shirts National Chicken and Waffle Day 20</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 Pet Visit: Jim and Chico 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Sightseeing: South Shore Beaches 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>National Pumpkin Day 21</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 10:00 CRAFT: Decorating Small Pumpkins [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>National Day National Horror Movie Day: 22</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:30 SONG OF THE DAY: "Largo al factotum - Rossini" [A] 10:00 Hali'a Best Friend of the Month: Color Latvia [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Afternoon Stroll [A] 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>Dress Day: Wacky Hair 23</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [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: Pompom Spiders 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Department Costume 24</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Dept Stores 10:00 CRAFT: Decorate Witches Hat 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>Dress Day: Superheroes 25</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] 10:00 BINGO [A] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Afternoon Stroll [A] 2:00 Ukulele Sing A-long with Jeremy [A] 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Orange and Black 26</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 10:00 Balloon Volleyball [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>Dress Day: Disney 27</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "R" [A] 10:00 Drawing Disney Characters 11:00 LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] 1:00 Movie: Disney Shorts (D+) 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>Dress Day: Movie Characters 28</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [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>Dress Day: Twinning Tuesday 29</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:30 SONG OF THE DAY: "Largo al factotum - Rossini" [A] 10:00 Hali'a Best Friend of the Month: Watching Latvian Folk Dancing [A] 11:00 LUNCH 12:00 Medical Transportation 12:30 Afternoon Stroll [A] 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>Dress Day: Halloween Accessories 30</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 9:15 Brain Game: 9-Square [A] 9:45 Sightseeing: Waikiki/ Diamond Head/ Kahala 10:00 New Hope Church Service [T] 11:00 LUNCH 12:45 Dancersize (Low Impact) [A] 1:00 Afternoon Stroll [A] 2:00 Bean Bag Toss 3:00 Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 4:00 DINNER</p>	<p>Dress Day: Halloween Costume 31</p> <p>7:00 BREAKFAST 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:15 Hangman- Halloween 10:00 New Event Name 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>Location Keys</p> <p>Activity Room A</p> <p>Hoku Terrace HT</p> <p>Theater T</p>	