


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Forgiveness Day 1</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 Things That Start With "F" [A]</p> <p>10:00 Group Writing: A story about our parents [A]</p> <p>11:00 LUNCH</p> <p>12:30 Chair Yoga with Sherry Zak Morris [A]</p> <p>1:00 Bingo [A]</p> <p>2:00 Ring Toss to Classical Music [A]</p> <p>2:45 Plaza Sing A Long [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Dress Day: Denim (Jeans OK) 2</p> <p>Labor Day</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 Simple Mathematics and Spelling Bee [A]</p> <p>10:00 Legos [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:15 Horseshoes</p> <p>2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Cinema Day 3</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 SONG OF THE DAY: "As Time Goes By" by Dooley Wilson [A]</p> <p>10:00 Hali'a Best Friend of the Month: Watercolor Painting [A]</p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 Chair Dancing [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:05 Ukulele Sing-a-Long with Jeremy [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Macadamia Nut Day 4</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:15 Brain Game: 9-Square [A]</p> <p>9:45 Sightseeing: Lanikai</p> <p>10:00 New Hope Church Service [T]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:00 Mindful Coloring [A]</p> <p>1:00 Strength, Balance and Tone with Daniel</p> <p>2:00 Parachute [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Cheese Pizza Day 5</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:30 Morning Exercise [A]</p> <p>9:15 Hangman-Pizza Toppings</p> <p>10:00 Buddhist Service with Moliili Hongwanji [T]</p> <p>10:00 Drawing: Pizza and Toppings [A]</p> <p>11:00 LUNCH</p> <p>12:30 Chair Tai Chi [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:00 Guitar Performance with Andy Morine! [A]</p> <p>2:15 Bowling [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Read a Book Day 6</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:15 Brain Quest 2 [A]</p> <p>10:00 Music with Dean Hirata [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:00 Cooking Demonstration: Spinach Dip [A]</p> <p>2:00 Ukulele Sing A-long with Jeremy [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Beer Lover's Day 7</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:30 Morning Exercise [A]</p> <p>9:15 Would You Rather...? And Why? [A]</p> <p>10:00 Improv: In the Pub! [A]</p> <p>11:00 LUNCH</p> <p>12:30 Tea Time [A]</p> <p>1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A]</p> <p>2:00 Kanikapila [T]</p> <p>2:20 Sensory Stroll Outdoors [HT]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>
<p>National Grandparents' Day 8</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 Things That Start With "R" [A]</p> <p>10:00 Write a letter to a Grandchild [A]</p> <p>11:00 LUNCH</p> <p>12:30 Chair Yoga with Sherry Zak Morris [A]</p> <p>1:00 Sightseeing: Hawaii Kai</p> <p>2:00 Ring Toss to Classical Music [A]</p> <p>2:45 Plaza Sing A Long [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Dress Day: Fun Accessories 9</p> <p>National Teddy Bear Day</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 Simple Mathematics and Spelling Bee [A]</p> <p>10:00 Music with Roy Hamada [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:15 Horseshoes</p> <p>2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Dress Day: Plaza Shirts 10</p> <p>National TV Dinner Day</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 SONG OF THE DAY: "Somewhere That's Green" by Ellen Greene [A]</p> <p>10:00 Hali'a Best Friend of the Month: Play Ukulele with Rudy! [A]</p> <p>11:00 LUNCH</p> <p>12:30 New Event Name [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:05 Ukulele Sing-a-Long with Jeremy [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Dress Day: Red, White and Blue 11</p> <p>Patriot Day and National Day of Service and Remembrance</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:15 Brain Game: 9-Square [A]</p> <p>10:00 New Hope Church Service [T]</p> <p>10:00 Pet Therapy with Wilma and Milo [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:00 Watercolor Painting [A]</p> <p>2:00 Game: Pictionary [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Dress Day: Superhero Shirts 12</p> <p>National Hug and High Five Day</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:30 Morning Exercise [A]</p> <p>9:15 Hangman-Girls and Boys Names</p> <p>10:00 Game: Hot Potato [A]</p> <p>11:00 LUNCH</p> <p>12:30 Chair Tai Chi [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:15 Bowling [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Dress Day: Flattering Shirts 13</p> <p>Positive Thinking Day</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:15 Brain Quest 2 [A]</p> <p>10:00 Pet Visit with Jim and Chico [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:00 Ukulele Sing A-long with Jeremy [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Live Creative Day 14</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:30 Morning Exercise [A]</p> <p>9:15 Would You Rather...? And Why? [A]</p> <p>10:00 Watercolor Painting [A]</p> <p>11:00 LUNCH</p> <p>12:30 Tea Time [A]</p> <p>1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A]</p> <p>2:00 Kanikapila [T]</p> <p>2:20 Sensory Stroll Outdoors [HT]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>
<p>National Double Cheeseburger Day 15</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 Things That Start With "B" [A]</p> <p>10:00 Craft: Wooden Bookmarks [A]</p> <p>11:00 LUNCH</p> <p>12:30 Chair Yoga with Sherry Zak Morris [A]</p> <p>1:00 Legos</p> <p>2:00 Ring Toss to Classical Music [A]</p> <p>2:45 Plaza Sing A Long [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Dress Day: Primary Colors 16</p> <p>National Play-Doh Day</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 Simple Mathematics and Spelling Bee [A]</p> <p>10:00 Hank the Singing Dutchman [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:15 Horseshoes</p> <p>2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Professional House Cleaner's Day 17</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 SONG OF THE DAY: "Whistle While You Work" from Snow White [A]</p> <p>10:00 Silent Disco [A]</p> <p>11:00 LUNCH</p> <p>12:30 Chair Zumba [A]</p> <p>1:00 Hali'a Best Friend of the Month: Banana Bread [A]</p> <p>2:05 Ukulele Sing-a-Long with Jeremy [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Air Force Birthday 18</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:15 Brain Game: 9-Square [A]</p> <p>9:45 Sightseeing: Patsy Mink Regional Park</p> <p>10:00 New Hope Church Service [T]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:00 Mindful Coloring [A]</p> <p>1:00 Strength, Balance and Tone with Daniel</p> <p>2:00 Activity Stations with visiting Japanese Students! [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Talk Like a Pirate Day 19</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:30 Morning Exercise [A]</p> <p>9:15 Hangman - Pirate and Nautical Terms [A]</p> <p>10:00 Learn To Draw: Pirates [A]</p> <p>10:00 Pet Therapy with Wes Koga [A]</p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 Chair Tai Chi [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:15 Bowling [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Dress Day: Plaza Shirts 20</p> <p>National Pepperoni Pizza Day</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:15 Brain Quest 2 [A]</p> <p>10:00 Mini Pulelehua Stations [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:00 Cooking Demonstration: Mini Pizzas [A]</p> <p>2:00 Ukulele Sing A-long with Jeremy [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Cleanup Day 21</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:30 Morning Exercise [A]</p> <p>9:15 Would You Rather...? And Why? [A]</p> <p>10:00 Legos [A]</p> <p>11:00 LUNCH</p> <p>12:30 Tea Time [A]</p> <p>1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A]</p> <p>2:00 Kanikapila [T]</p> <p>2:20 Sensory Stroll Outdoors [HT]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>
<p>Dress Day: Aloha Prints 22</p> <p>National States and Capitals Day</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 Things That Start With "S" [A]</p> <p>10:00 Pet Visit with Kaia and Noah [A]</p> <p>10:00 States and State Capitals Trivia! [A]</p> <p>11:00 LUNCH</p> <p>12:30 Chair Yoga with Sherry Zak Morris [A]</p> <p>1:00 Chinaton/Kaka'ako Arts District</p> <p>2:00 Ring Toss to Classical Music [A]</p> <p>2:45 Plaza Sing A Long [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Great American Pot Pie Day 23</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 Simple Mathematics and Spelling Bee [A]</p> <p>10:00 Sing-a-long with Sandy and Gordon [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:15 Horseshoes</p> <p>2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Punctuation Day 24</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 SONG OF THE DAY: "Stop! In the Name of Love" by The Supremes [A]</p> <p>10:00 Hali'a Best Friend of the Month: Let's Draw Together! [A]</p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 Chair Salsa [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:05 Ukulele Sing-a-Long with Jeremy [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Daughter's Day 25</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:15 Brain Game: 9-Square [A]</p> <p>10:00 New Hope Church Service [T]</p> <p>10:00 Pet Therapy with Wilma and Milo [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:00 Read Aloud: Stories About Daughters [A]</p> <p>2:00 Game: Let's Go Fishing! [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Pancake Day 26</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:30 Morning Exercise [A]</p> <p>9:15 Hangman- Breakfast Foods</p> <p>10:00 Improv: At The Diner! [A]</p> <p>11:00 LUNCH</p> <p>12:00 Medical Transportation</p> <p>12:30 Chair Tai Chi [A]</p> <p>1:00 Mini Pulelehua Stations [A]</p> <p>2:15 Bowling [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Dress Day: Sparkles 27</p> <p>National Crush a Can Day</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:15 Brain Quest 2 [A]</p> <p>10:00 Trivia [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:00 Cooking Demonstration: 7-Up Cake [A]</p> <p>2:00 Ukulele Sing A-long with Jeremy [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>National Good Neighbor Day 28</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:30 Morning Exercise [A]</p> <p>9:15 Would You Rather...? And Why? [A]</p> <p>10:00 Game: Getting To Know You Beach Ball [A]</p> <p>11:00 LUNCH</p> <p>12:30 Tea Time [A]</p> <p>1:00 Lacing Cards, Jigsaw Puzzles and Table Games [A]</p> <p>2:00 Kanikapila [T]</p> <p>2:20 Sensory Stroll Outdoors [HT]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>
<p>National VFW Day 29</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 Things That Start With "V" [A]</p> <p>10:00 Bingo [A]</p> <p>11:00 LUNCH</p> <p>12:30 Chair Yoga with Sherry Zak Morris [A]</p> <p>1:00 Learn to Draw: Airplanes [A]</p> <p>2:00 Ring Toss to Classical Music [A]</p> <p>2:45 Plaza Sing A Long [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<p>Dress Day: Plaza Shirts 30</p> <p>National Love People Day</p> <p>7:00 BREAKFAST</p> <p>8:15 <i>Newspaper Current Events Discussion [A]</i></p> <p>8:45 Morning Exercise [A]</p> <p>9:30 Simple Mathematics and Spelling Bee [A]</p> <p>9:45 Write Letters to Seniors! [A]</p> <p>10:30 Pet Visit: Jim and Chico [A]</p> <p>11:00 LUNCH</p> <p>12:45 Dancersize (Low Impact) [A]</p> <p>1:15 Horseshoes</p> <p>2:00 Sensory Time: Aromatherapy and Scented Hand Lotion Massages [A]</p> <p>3:00 Afternoon Stretch [A]</p> <p>3:45 Household Chores, Water & Bathroom Break</p> <p>4:00 DINNER</p>	<div style="display: flex; align-items: center; justify-content: center;">  <div style="text-align: center;"> <p> Health & Fitness</p> <p> Shuttle</p> <p> Special Event</p> </div> <div style="margin-left: 20px;"> <p>Location Keys</p> <p>Activity Room A</p> <p>Hoku Terrace HT</p> <p>Theater T</p> </div> </div>				