September 2024 Hali'a Sunday Wednesday Saturday Monday Tuesdav Thursdav National Forgiveness Day Dress Day: Denim (Jeans OK) BREAKFAST BREAKFAST BREAKFAST 7:00 BREAKFAST 7:00 BREAKFAST BREAKFAST Labor Day 7:00 Newspaper Current Events Discussion [A] 8:15 BREAKFAST 8:30 Morning Exercise [A] 9:15 Would You Rather...? And Why? [A] 8:45 Morning Exercise [A] 9:30 Things That Start With "F" [A] Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 8:30 Morning Exercise [A] 8:45 Morning Exercise [A] Morning Exercise [A] SONG OF THE DAY: "As Time Goes By" by Dooley Wilson Brain Game: 9-Square [A] 9:15 Hangman-Pizza Toppings 10:00 * Buddhist Service with Moilili Hongwanji [T] 8:45 Morning Exercise [A] 9:15 Brain Quest 2 [A] Music with Dean Hirata [A] 10:00 Group Writing: A story about our parents [A] 9:45 🖨 Sightseeing: Lanikai Improv: In the Pub! [A] Simple Mathematics and Spelling Bee [A] Hali'a Best Friend of the Month: Watercolor Painting [A] LUNCH New Hope Church Service [T] Drawing: Pizza and Toppings [A] LUNCH Legos [A] 12:30 • Chair Yoga with Sherry Zak Morris [A] 12:45 Dancersize (Low Impact) [A] LUNCH LUNCH 11:00 LUNCH Tea Time [A] Medical Transportation 1:00 Cooking Demonstration: Spinach Dip [A] Lacing Cards, Jigsaw Puzzles and Table Games [A] 12:45 Dancersize (Low Impact) [A] 12:30 Chair Tai Chi [A] Bingo [A] 12:45 Dancersize (Low Impact) [A] 1:00 Ring Toss to Classical Music [A] 12:30 Chair Dancing [A] Mindful Coloring [A] 1:00 Mini Pulelehua Stations [A] Ukulele Sing A-long with Jeremy [A] Kanikapila [T] Horseshoes 1:00 Strength, Balance and Tone with Daniel Plaza Sing A Long [A] 1:00 Mini Pulelehua Stations [A] 2:00 * Guitar Performance with Andy Morine! [A] 3:00 Matternoon Stretch [A] 2:20 Sensory Stroll Outdoors [HT] Sensory Time: Aromatherapy and Scented Hand Lotion Ukulele Sing-a-Long with Jeremy [A] 2:05 Household Chores, Water & Bathroom Break 3:00 ♥ Afternoon Stretch [A] 3:45 Household Chores, Water & Bathroom Break 3:00 MAfternoon Stretch [A] 2:00 Parachute [A] 2:15 **W** Bowling [A] Household Chores, Water & Bathroom Break Afternoon Stretch [A] 3:00 ♥ Afternoon Stretch [A] 3:00 • Afternoon Stretch [A] 3:00 Afternoon Stretch [A] Household Chores, Water & Bathroom Break DINNER DINNER DINNER DINNER National Grandparents' Day **Dress Day: Fun Accessories** Dress Day: Plaza Shirts Dress Day: Red White and Blue Dress Day: Superhero Shirts Dress Day: Flattering Shirts National Live Creative Day BREAKFAST National Teddy Bear Day **National TV Dinner Day** Patriot Day and National Day of Service and National Hug and High Five Day Positive Thinking Day BREAKFAST Newspaper Current Events Discussion [A] Newspaper Current Events Discussion [A] 8:15 BREAKFAST BREAKFAST BREAKFAST BREAKFAST 8:45 Morning Exercise [A] 7:00 BREAKFAST 8:30 Morning Exercise [A] Newspaper Current Events Discussion [A] 8:15 Newspaper Current Events Discussion [A] 8:45 ♥ Morning Exercise [A] Newspaper Current Events Discussion [A] Newspaper Current Events Discussion [A] Would You Rather...? And Why? [A] Things That Start With "R " [A] 8:45 Morning Exercise [A] Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 8:45 Morning Exercise [A] 8:45 Morning Exercise [A] Write a letter to a Grandchild [A] Simple Mathematics and Spelling Bee [A] SONG OF THE DAY: "Somewhere That's Green" by Ellen 9:15 Hangman-Girls and Boys Names 9:15 Brain Quest 2 [A] Watercolor Painting [A] LUNCH 11:00 LUNCH Music with Roy Hamada [A] 9:15 Brain Game: 9-Square [A] Game: Hot Potato [A] Pet Visit with Jim and Chico [A] 12:30 Chair Yoga with Sherry Zak Morris [A] 10:00 Hali'a Best Friend of the Month: Play Ukulele with Rudy! Tea Time [A] New Hope Church Service [T] LUNCH 11:00 LUNCH 11:00 LUNCH Pet Therapy with Wilma and Milo [A] 12:30 Chair Tai Chi [A] 12:45 Dancersize (Low Impact) [A] Lacing Cards, Jigsaw Puzzles and Table Games [A] Sightseeing: Hawaii Kai 12:45 Dancersize (Low Impact) [A] 11:00 Ring Toss to Classical Music [A] LUNCH LUNCH 1:00 Mini Pulelehua Stations [A] Mini Pulelehua Stations [A] 2.00 Kanikapila [T] Horseshoes 12:45 Dancersize (Low Impact) [A] 2:20 Sensory Stroll Outdoors [HT] New Event Name [A] Plaza Sing A Long [A] Sensory Time: Aromatherapy and Scented Hand Lotion 12:30 2:15 W Bowling [A] 2:00 Ukulele Sing A-long with Jeremy [A] Mini Pulelehua Stations [A] 3:00 Mafternoon Stretch [A] Watercolor Painting [A] 3:00 Matternoon Stretch [A] 3:00 Afternoon Stretch [A] Massages [A] 3:00 Afternoon Stretch [A] Household Chores, Water & Bathroom Break 3:00 Afternoon Stretch [A] Ukulele Sing-a-Long with Jeremy [A] Game: Pictionary [A] Household Chores, Water & Bathroom Break 3:00 MAfternoon Stretch [A] 3:00 ♥ Afternoon Stretch [A] DINNER Household Chores, Water & Bathroom Break Household Chores, Water & Bathroom Break DINNER DINNER DINNER National Double Cheeseburger Day Dress Day: Primary Colors National Professional House Cleaner's Day Air Force Birthday Talk Like a Pirate Day Dress Day: Plaza Shirts National Cleanup Day 18 6 BREAKFAST BREAKFAST BREAKFAST BREAKFAST National Play-Doh Day BREAKFAST National Pepperoni Pizza Dav Newspaper Current Events Discussion [A] BREAKFAST BREAKFAST 7:00 8:45 Morning Exercise [A] Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] 8:45 Morning Exercise [A] 8:30 Morning Exercise [A] Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] 9:30 10:00 Things That Start With "B " [A] 9:30 SONG OF THE DAY: "Whistle While You Work" from Snow 9:15 Brain Game: 9-Square [A] 9:15 Hangman - Pirate and Nautical Terms [A] 10:00 Learn To Draw: Pirates [A] 9:15 Would You Rather...? And Why? [A] 8:45 ♥ Morning Exercise [A] 9:30 Simple Mathematics and Spelling Bee [A] 8:45 Morning Exercise [A] Craft: Wooden Bookmarks [A] 9:45 🖨 Sightseeing: Patsy Mink Regional Park 9:15 Brain Quest 2 [A] 10:00 Mini Pulelehua Stations [A] Leaos [A] 10:00 10:00 Silent Disco [A] 10:00 🖈 Hank the Singing Dutchman [A] New Hope Church Service [T] Pet Therapy with Wes Koga [A] 11:00 LUNCH 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] LUNCH LUNCH 11:00 LUNCH 11:00 LUNCH Tea Time [A] Chair Zumba [A] 12:45 Dancersize (Low Impact) [A] 12:00 Medical Transportation Lacing Cards, Jigsaw Puzzles and Table Games [A] Leaos 2:45 Dancersize (Low Impact) [A] 12:30 12:45 Dancersize (Low Impact) [A] Hali'a Best Friend of the Month: Banana Bread [A] Ring Toss to Classical Music [A] 1:00 Mindful Coloring [A] 12:30 Chair Tai Chi [A] Kanikapila [T] Horseshoes 1:00 Cooking Demonstration: Mini Pizzas [A]2:00 Ukulele Sing A-long with Jeremy [A] 1:00 Mini Pulelehua Stations [A] 2:20 Sensory Stroll Outdoors [HT] Plaza Sing A Long [A] Ukulele Sing-a-Long with Jeremy [A] 1:00 Strength, Balance and Tone with Daniel Sensory Time: Aromatherapy and Scented Hand Lotion 3:00 Mafternoon Stretch [A] Massages [A] 3:00 MAfternoon Stretch [A] 2:00 Activity Stations with visiting Japanese Students! [A] 2:15 W Bowling [A] 3:00 Afternoon Stretch [A] 3:00 Matternoon Stretch [A] Household Chores, Water & Bathroom Break Household Chores, Water & Bathroom Break 3:00 MAfternoon Stretch [A] 3:00 Afternoon Stretch [A] Household Chores, Water & Bathroom Break 3:00 Marternoon Stretch [A] Household Chores, Water & Bathroom Break DINNER DINNER DINNER Dress Day: Aloha Prints National Great American Pot Pie Day National Punctuation Day National Daughter's Day National Pancake Day Dress Day: Sparkles **National Good Neighbor Day** National States and Capitals Day BREAKFAST BREAKFAST BREAKFAST BREAKFAST National Crush a Can Day BREAKFAST Newspaper Current Events Discussion [A] BREAKFAST BREAKFAST 8:30 Morning Exercise [A] 8:45 Morning Exercise [A] 8:45 Morning Exercise [A] 8:15 Newspaper Current Events Discussion [A] 8:30 Morning Exercise [A] Newspaper Current Events Discussion [A] 8:45 Morning Exercise [A] Would You Rather...? And Why? [A] Simple Mathematics and Spelling Bee [A] SONG OF THE DAY: "Stop! In the Name of Love" by The Brain Game: 9-Square [A] Hangman- Breakfast Foods 8:45 Morning Exercise [A] 9:30 Things That Start With "S " [A] 8:45 Morning Exercise [A] Supremes [A] Hali'a Best Friend of the Month: Let's Draw Together! [A] 0:00 * Sing-a-long with Sandy and Gordon [A] New Hope Church Service [T] Improv: At The Diner! [A] Game: Getting To Know You Beach Ball [A] 9:15 Brain Quest 2 [A] Pet Therapy with Wilma and Milo [A] Pet Visit with Kaia and Noah [A] 11:00 LUNCH 11:00 LUNCH LUNCH 12:45 Dancersize (Low Impact) [A] LUNCH 12:00 Medical Transportation Tea Time [A] 10:00 11:00 States and State Capitals Trivia! [A] 11:00 **LUNCH** Horseshoes Medical Transportation 12:45 Dancersize (Low Impact) [A] 12:30 Chair Tai Chi [A] Lacing Cards, Jigsaw Puzzles and Table Games [A] 12:45 Dancersize (Low Impact) [A] LUNCH 12:30 Chair Yoga with Sherry Zak Morris [A] Sensory Time: Aromatherapy and Scented Hand Lotion 12:30 Chair Salsa [A] Read Aloud: Stories About Daughters [A] Game: Let's Go Fishing! [A] 1:00 Mini Pulelehua Stations [A] Cooking Demonstration: 7-Up Cake [A] Kanikapila [T] Mini Pulelehua Stations [A] 2:20 Sensory Stroll Outdoors [HT] Massages [A] Ukulele Sing A-long with Jeremy [A] Chinaton/Kaka'ako Arts District 2:15 **W** Bowling [A] 3:00 • Afternoon Stretch [A] Ukulele Sing-a-Long with Jeremy [A] 3:00 • Afternoon Stretch [A] 3:00 • Afternoon Stretch [A] 3:00 Afternoon Stretch [A] Ring Toss to Classical Music [A] 3:00 Afternoon Stretch [A] Household Chores, Water & Bathroom Break 3:00 MAfternoon Stretch [A] Household Chores, Water & Bathroom Break Plaza Sing A Long [A] Household Chores, Water & Bathroom Break 3:00 • Afternoon Stretch [A] DINNER DINNER DINNER 4:00 DINNER Household Chores, Water & Bathroom Break 4:00 **DINNER** National VFW Day Dress Day: Plaza Shirts BREAKFAST National Love People Day Newspaper Current Events Discussion [A] BREAKEAST 8:45 Morning Exercise [A] 9:30 Things That Start With "V" [A] Newspaper Current Events Discussion [A] **Location Keys** Morning Exercise [A] Simple Mathematics and Spelling Bee [A] Health & Fitness 10.00 Ringo [A] 11:00 LUNCH Write Letters to Seniors! [A] Activity Room A 12:30 ♥ Chair Yoga with Sherry Zak Morris [A] Pet Visit: Jim and Chico [A] ⇔ Shuttle THE PLAZA 1:00 2:00 Learn to Draw: Airplanes [A] LUNCH Ring Toss to Classical Music [A] 12:45 Dancersize (Low Impact) [A] - Assisted Living Hoku Terrace HT Plaza Sing A Long [A] Horseshoes 3:00 ♥ Afternoon Stretch [A] ★ Special Event Sensory Time: Aromatherapy and Scented Hand Lotion 3:45 Household Chores, Water & Bathroom Break DINNER 3:00 Marter Afternoon Stretch [A] Theater Household Chores, Water & Bathroom Break DINNER