


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					NATIONAL LAZY MOM'S DAY 1 9:00 🌿 The Lucy Show - YouTube [6th FL LR] 9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 📖 Piggy Bankers [6th FL LR] 11:00 📖 Current Events [6th FL LR] 1:30 🍦 Ice Cream Cart 3:00 ↔ Zumba [6th FL LR] 5:00 🌿 UH football - UH vs Stanford [6th FL LR]	WORLD COCONUT DAY 2 9:30 ↔ Superstar Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 🎮 BINGO [6th FL LR] 1:00 🍳 Local Style Kitchen with Joy [3rd Actvty Rm] 2:15 🎨 Arts & Crafts [6th FL LR] 3:30 📷 Photography Class with Daisy [6th FL LR]
NATIONAL CINEMA DAY 3 9:00 🎵 Sing along [3rd Actvty Rm] 10:00 ↔ Get Fit with Bronson [3rd Actvty Rm] 10:30 📖 Brain Games [3rd Actvty Rm] 11:00 📖 Culinary Trivia and YouTube Videos [3rd Actvty Rm] 2:00 🌿 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 🌿 Mah Jong [6th FL NS]	LABOR DAY 4 9:00 🎵 Sing along [3rd Actvty Rm] 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🎨 Arts & Crafts [3rd Actvty Rm] 2:00 🌿 Manis with Rolen [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🌿 Mah Jong [6th FL NS]	NATIONAL CHEESE PIZZA DAY 5 9:00 🎵 Music [6th FL LR] 9:30 ↔ Chair Exercise [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR]	NATIONAL READ A BOOK DAY 6 9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:00 📖 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holoholo Bus Ride to Fort Weaver Road [1st HPC] 3:00 🍿 Popcorn Bar [3rd Actvty Rm] 6:00 🌿 Mah Jong [6th FL NS]	NATIONAL BEER LOVER'S DAY 7 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 🎨 Jewelry making [6th FL LR] 3:30 🌿 Relaxation and self care with Rolen [6th FL LR] 6:15 🌿 Bingo Night [3rd Actvty Rm]	STAR TREK DAY 8 9:00 🌿 The Lucy Show - YouTube [6th FL LR] 9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 📖 Church Service with Pastor Brad Chow [6th FL LR] 10:00 📖 Piggy Bankers [6th FL LR] 11:00 📖 Current Events [6th FL LR] 1:30 🍦 Ice Cream Cart 3:00 ↔ Balloon Ball [6th FL LR]	NATIONAL TEDDY BEAR DAY 9 9:30 ↔ Superstar Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 🎮 BINGO [6th FL LR] 1:00 🍳 Local Style Kitchen with Joy [3rd Actvty Rm] 2:15 🎨 Arts & Crafts [6th FL LR] 3:30 📖 Haiku Poems with Daisy [6th FL LR] 6:00 🌿 UH football - UH vs Albany [6th FL LR]
NATIONAL TV DINNER DAY 10 9:00 ↔ Fit and Fabulous Exercise group [6th FL LR] 10:00 📖 Think Tank Trivia Games [6th FL LR] 10:45 ↔ Balloon Ball Fun with Emma [6th FL LR] 1:00 🎴 Blackjack [6th FL LR] 2:00 🌿 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 🌿 Mah Jong [6th FL NS]	PATRIOT DAY 11 9:00 🎵 Sing along [6th FL LR] 9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 🎨 Arts and Crafts class [6th FL LR] 2:00 🌿 Manis with Rolen [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🌿 Mah Jong [6th FL NS]	NATIONAL DAY OF ENCOURAGEMENT 12 9:00 🎵 Music [6th FL LR] 9:30 ↔ Chair Exercise [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR]	NATIONAL PEANUT DAY 13 9:00 ↔ Noodle Chair Fitness [6th FL LR] 9:30 📖 Brain Workout [6th FL LR] 10:00 📖 Art Therapy [6th FL LR] 1:30 🚌 Holoholo Bus Ride to Kaaawa [1st HPC] 3:00 🍿 Popcorn Bar [3rd Actvty Rm] 6:00 🌿 Mah Jong [6th FL NS]	NATIONAL CREAM FILLED DONUT DAY 14 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 🎨 Talk Story Group [6th FL LR] 3:30 🌿 Relaxation and self care with Rolen [6th FL LR] 6:15 🌿 Bingo Night [3rd Actvty Rm]	NATIONAL CHEESE TOAST DAY 15 10:00 🎵 Mele with Dean Hirata [3rd Actvty Rm] 1:30 🍦 Ice Cream Cart 3:00 ↔ Balloon Ball [6th FL LR]	NATIONAL GUACAMOLE DAY 16 9:30 ↔ Superstar Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 🎮 BINGO [6th FL LR] 1:00 🍳 Local Style Kitchen with Joy [3rd Actvty Rm] 2:00 🌿 UH football - UH vs Oregon [6th FL LR] 2:15 🎨 Arts & Crafts [6th FL LR] 3:30 📷 Photography Class with Daisy [6th FL LR]
NATIONAL GYMNASISTICS DAY 17 9:00 ↔ Fit and Fabulous Exercise group [6th FL LR] 10:00 📖 Think Tank Trivia Games [6th FL LR] 10:45 ↔ Balloon Ball Fun with Emma [6th FL LR] 1:00 🎴 Blackjack [6th FL LR] 2:00 🌿 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 🌿 Mah Jong [6th FL NS]	AIR FORCE BIRTHDAY 18 9:00 🎵 Sing along [6th FL LR] 9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 🍳 World Cultures with Rolen [6th FL LR] 11:30 🍳 Assisted Living Pizza Party [KDR] 2:00 🌿 Manis with Rolen [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🌿 Mah Jong [6th FL NS]	NATIONAL BUTTERSCOTCH PUDDING DAY 19 9:00 🎵 Music [6th FL LR] 9:30 ↔ Chair Exercise [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR]	PEPPERONI PIZZA DAY 20 9:00 ↔ Noodle Chair Fitness [6th FL LR] 9:30 📖 Brain Workout [6th FL LR] 10:00 📖 Art Therapy [6th FL LR] 10:30 🎹 Dr. Arbuckle Plays Piano [6th FL LR] 1:30 🚌 Holoholo Bus Ride to Salt Lake [1st HPC] 3:00 🍿 Popcorn Bar [3rd Actvty Rm] 6:00 🌿 Mah Jong [6th FL NS]	NATIONAL PECAN COOKIE DAY 21 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 🎨 Jewelry Making [6th FL LR] 3:30 🌿 Relaxation and self care with Rolen [6th FL LR] 6:15 🌿 Bingo Night [3rd Actvty Rm]	NATIONAL ICE CREAM CONE DAY 22 9:00 🌿 The Lucy Show - YouTube [6th FL LR] 9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 📖 Piggy Bankers [6th FL LR] 10:45 🍳 Kahala Nui Skylarks Performance [3rd Actvty Rm] 1:30 🍦 Ice Cream Cart 3:00 ↔ Zumba [6th FL LR]	AUTUMN EQUINOX 23 9:30 ↔ Superstar Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 🎮 BINGO [6th FL LR] 1:00 🍳 Local Style Kitchen with Joy [3rd Actvty Rm] 2:15 🎨 Arts & Crafts [6th FL LR] 3:30 📖 Haiku Poems with Daisy [6th FL LR] 6:00 🌿 UH football - UH vs New Mexico State [6th FL LR]
NATIONAL SINGLES DAY 24 9:00 ↔ Fit and Fabulous Exercise group [6th FL LR] 10:00 📖 Think Tank Trivia Games [6th FL LR] 10:45 ↔ Balloon Ball Fun with Emma [6th FL LR] 1:00 🎴 Blackjack [6th FL LR] 2:00 🌿 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 🌿 Mah Jong [6th FL NS]	NATIONAL DAUGHTER'S DAY 25 9:00 🎵 Sing Along [6th FL LR] 9:30 ↔ Movers and Shakers Chair Fitness [6th FL LR] 10:00 🍳 World Cultures [6th FL LR] 2:00 🌿 Manis with Rolen [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🌿 Mah Jong [6th FL NS]	NATIONAL PANCAKE DAY 26 9:00 🎵 Music [6th FL LR] 9:30 ↔ Chair Exercise [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR]	NATIONAL DAY OF FORGIVENESS 27 9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:00 📖 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holoholo Bus Ride to H-3 Kaneohe / Coconut Island [1st HPC] 3:00 🍿 Popcorn Bar [3rd Actvty Rm] 6:00 🌿 Mah Jong [6th FL NS]	NATIONAL GOOD NEIGHBOR DAY 28 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 2:00 🎨 Talk Story Group [6th FL LR] 3:30 🌿 Relaxation and self care with Rolen [6th FL LR] 6:15 🌿 Bingo Night [3rd Actvty Rm]	NATIONAL COFFEE DAY 29 9:00 🌿 The Lucy Show - YouTube [6th FL LR] 9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 📖 Piggy Bankers [6th FL LR] 11:00 📖 Current Events [6th FL LR] 1:30 🍦 Ice Cream Cart 3:00 ↔ Zumba [6th FL LR]	NATIONAL CHEWING GUM DAY 30 9:30 ↔ Superstar Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:00 🌿 UH football - UH vs UNLV [6th FL LR] 10:30 🎮 BINGO [6th FL LR] 6:00 🌿 Hi'olani Bon Dance [1st HPC]