

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>"When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow." — Shauna Niequist</p>	<p>NATIONAL LAZY MOM'S DAY 1</p> <p>9:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] 10:30 ↔ Movin' to the Oldies [3rd Actvty Rm] 11:00 📖 Alphabet Soup [3rd Actvty Rm] 1:00 🧠 Brain Games [3rd Actvty Rm] 2:00 🍦 Ice Cream Cart [3rd FL] 2:30 ↔ Exercise Games [3rd Actvty Rm] 4:00 📺 YouTube: Street Food Vendor Tours [3rd Actvty Rm] 5:00 🏈 UH football - UH vs Stanford [6th FL LR]</p>	<p>WORLD COCONUT DAY 2</p> <p>9:15 🎵 Songs of the Past [3rd Actvty Rm] 10:00 ↔ Stars and Stripes Exercise [3rd Actvty Rm] 10:30 🎮 BINGO [3rd Actvty Rm] 1:15 🌐 World Cultures with Ryan [3rd Actvty Rm] 2:00 🍷 Hawaiian Style Cooking with Ryan 3:15 📖 Pot Luck Quizzes [3rd Actvty Rm]</p>
<p>NATIONAL CINEMA DAY 3</p> <p>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] 1:30 🎵 Sing-a-long [3rd Actvty Rm] 2:30 🌐 World Cultures [3rd Actvty Rm] 3:00 📖 Starting with the Letter... [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>LABOR DAY 4</p> <p>9:00 🎨 Art Therapy 9:30 ↔ Chair Fitness [3rd FL] 10:00 🧠 Brain Games [3rd FL] 10:30 📺 Foods of the world - videos [3rd FL] 1:00 📖 Potluck Trivia [3rd Actvty Rm] 1:30 ↔ Ring Toss Game [3rd FL] 2:30 📺 This Day in History [3rd Actvty Rm] 3:00 🎨 Music, Colors & Puzzles [3rd Actvty Rm] 4:00 🎭 Current Events [3rd Actvty Rm]</p>	<p>NATIONAL CHEESE PIZZA DAY 5</p> <p>9:00 🎵 Songs from the 20's, 30's and 40's [3rd Actvty Rm] 9:30 📖 Alphabet Soup [3rd Actvty Rm] 10:00 🎵 Music Therapy [3rd Actvty Rm] 10:30 ↔ Superstar Chair Fitness [3rd Actvty Rm] 1:00 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] 2:00 ↔ Brain Games [3rd Actvty Rm] 2:30 ↔ Exercise Games [3rd Actvty Rm] 4:00 🏃 Arm Chair Travel [3rd Actvty Rm]</p>	<p>NATIONAL READ A BOOK DAY 6</p> <p>9:30 MS Bus Ride [1st HPC] 1:00 🎵 Sing Along [3rd Actvty Rm] 2:00 ↔ Exercise [3rd Actvty Rm] 2:30 🍿 Popcorn Bar 3:00 ↔ Noodle Ball [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>NATIONAL BEER LOVER'S DAY 7</p> <p>9:00 ↔ Balance of Harmony Chair Yoga [3rd Actvty Rm] 9:30 📖 World's Longest Word [3rd Actvty Rm] 10:30 ↔ Noodle Ball [3rd Actvty Rm] 1:00 📖 Target Letter Game [3rd Actvty Rm] 2:00 🎵 Sing-a-long [3rd Actvty Rm] 3:00 🎮 Finish the Quiz [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>STAR TREK DAY 8</p> <p>9:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] 10:30 ↔ Movin' to the Oldies [3rd Actvty Rm] 11:00 📖 Alphabet Soup [3rd Actvty Rm] 1:00 🧠 Brain Games [3rd Actvty Rm] 2:00 🍦 Ice Cream Cart [3rd FL] 2:30 ↔ Exercise Games [3rd Actvty Rm] 4:00 📺 YouTube: Street Food Vendor Tours [3rd Actvty Rm]</p>	<p>NATIONAL TEDDY BEAR DAY 9</p> <p>9:15 ↔ Exercise class [3rd Actvty Rm] 10:00 🎵 Sing Along [3rd Actvty Rm] 10:30 🍷 Cooking class [3rd Actvty Rm] 1:15 🌐 World Cultures with Ryan [3rd FL] 2:00 🎮 Bingo [3rd FL] 3:15 📖 Pot Luck Quizzes [3rd FL] 6:00 🏈 UH football - UH vs Albany [6th FL LR]</p>
<p>NATIONAL TV DINNER DAY 10</p> <p>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] 1:30 🎵 Sing-a-long [3rd Actvty Rm] 2:30 🌐 World Cultures [3rd Actvty Rm] 3:00 📖 Starting with the Letter... [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>PATRIOT DAY 11</p> <p>9:00 🎨 Art therapy [3rd Actvty Rm] 1:00 📖 Potluck Trivia [3rd Actvty Rm] 1:30 🏇 Horse Race Game [3rd Actvty Rm] 2:30 📺 This Day in History [3rd Actvty Rm] 3:00 🎨 Music, Colors & Puzzles [3rd Actvty Rm] 4:00 🎭 Current Events [3rd Actvty Rm]</p>	<p>NATIONAL DAY OF ENCOURAGEMENT 12</p> <p>9:00 🎵 Songs from the 20's, 30's and 40's [3rd Actvty Rm] 9:30 📖 Alphabet Soup [3rd Actvty Rm] 10:00 🎵 Music Therapy [3rd Actvty Rm] 10:30 ↔ Superstar Chair Fitness [3rd Actvty Rm] 1:00 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] 2:00 ↔ Brain Games [3rd Actvty Rm] 2:30 ↔ Exercise Games [3rd Actvty Rm] 4:00 🏃 Arm Chair Travel [3rd Actvty Rm]</p>	<p>NATIONAL PEANUT DAY 13</p> <p>9:30 MS Bus Ride [1st HPC] 1:00 🎵 Sing Along [3rd Actvty Rm] 2:00 ↔ Exercise [3rd Actvty Rm] 2:30 🍿 Popcorn Bar 3:00 ↔ Noodle Ball [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>NATIONAL CREAM FILLED DONUT DAY 14</p> <p>9:00 ↔ Balance of Harmony Chair Yoga [3rd Actvty Rm] 9:30 📖 World's Longest Word [3rd Actvty Rm] 10:30 ↔ Noodle Ball [3rd Actvty Rm] 1:00 📖 Target Letter Game [3rd Actvty Rm] 2:00 🎵 Sing-a-long [3rd Actvty Rm] 3:00 🎮 Finish the Quiz [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>NATIONAL CHEESE TOAST DAY 15</p> <p>10:00 🎵 Mele with Dean Hirata [3rd Actvty Rm] 1:00 🧠 Brain Games [3rd Actvty Rm] 2:00 🍦 Ice Cream Cart [3rd FL] 2:30 ↔ Exercise Games [3rd Actvty Rm] 4:00 📺 YouTube: Street Food Vendor Tours [3rd Actvty Rm]</p>	<p>NATIONAL GUACAMOLE DAY 16</p> <p>9:15 ↔ Exercise class [3rd Actvty Rm] 10:00 🎵 Sing along [3rd Actvty Rm] 10:30 🎮 BINGO [3rd Actvty Rm] 1:15 🌐 World Cultures with Ryan [3rd FL] 2:00 🎮 Bingo [3rd FL] 2:00 🏈 UH football - UH vs Oregon [6th FL LR] 3:15 📖 Pot Luck Quizzes [3rd Actvty Rm]</p>
<p>NATIONAL GYMNASTICS DAY 17</p> <p>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] 1:30 🎵 Sing-a-long [3rd Actvty Rm] 2:30 🌐 World Cultures [3rd Actvty Rm] 3:00 📖 Starting with the Letter... [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>AIR FORCE BIRTHDAY 18</p> <p>9:00 🎨 Art Therapy [3rd Actvty Rm] 1:00 📖 Potluck Trivia [3rd Actvty Rm] 1:30 ↔ Ring Toss Game [3rd FL] 2:30 📺 This Day in History [3rd Actvty Rm] 3:00 🎨 Music, Colors & Puzzles [3rd Actvty Rm] 4:00 🎭 Current Events [3rd Actvty Rm]</p>	<p>NATIONAL BUTTERSCOTCH PUDDING DAY 19</p> <p>9:00 🎵 Songs from the 20's, 30's and 40's [3rd Actvty Rm] 9:30 📖 Alphabet Soup [3rd Actvty Rm] 10:00 🎵 Music Therapy [3rd Actvty Rm] 10:30 ↔ Superstar Chair Fitness [3rd Actvty Rm] 1:00 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] 2:00 ↔ Brain Games [3rd Actvty Rm] 2:30 ↔ Exercise Games [3rd Actvty Rm] 4:00 🏃 Arm Chair Travel [3rd Actvty Rm]</p>	<p>PEPPERONI PIZZA DAY 20</p> <p>9:30 MS Bus Ride [1st HPC] 1:00 🎵 Sing Along [3rd Actvty Rm] 2:00 ↔ Exercise [3rd Actvty Rm] 2:30 🍿 Popcorn Bar 3:00 ↔ Noodle Ball [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>NATIONAL PECAN COOKIE DAY 21</p> <p>9:00 ↔ Balance of Harmony Chair Yoga [3rd Actvty Rm] 9:30 📖 World's Longest Word [3rd Actvty Rm] 10:30 ↔ Noodle Ball [3rd Actvty Rm] 1:00 📖 Target Letter Game [3rd Actvty Rm] 2:00 🎵 Sing-a-long [3rd Actvty Rm] 3:00 🎮 Finish the Quiz [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>NATIONAL ICE CREAM CONE DAY 22</p> <p>9:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] 10:45 🎭 Kahala Nui Skylarks Performance [3rd Actvty Rm] 1:00 🧠 Brain Games [3rd Actvty Rm] 2:00 🍦 Ice Cream Cart [3rd FL] 2:30 ↔ Exercise Games [3rd Actvty Rm] 4:00 📺 YouTube: Street Food Vendor Tours [3rd Actvty Rm]</p>	<p>AUTUMN EQUINOX 23</p> <p>9:15 ↔ exercise [3rd Actvty Rm] 10:00 🎵 sing along [3rd Actvty Rm] 10:30 🍷 cooking demo [3rd Actvty Rm] 1:15 🌐 World Cultures with Ryan [3rd FL] 2:00 🎮 Bingo [3rd FL] 3:15 📖 Pot Luck Quizzes [3rd FL] 6:00 🏈 UH football - UH vs New Mexico State [6th FL LR]</p>
<p>NATIONAL SINGLES DAY 24</p> <p>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] 1:30 🎵 Sing-a-long [3rd Actvty Rm] 2:30 🌐 World Cultures [3rd Actvty Rm] 3:00 📖 Starting with the Letter... [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>NATIONAL DAUGHTER'S DAY 25</p> <p>9:00 🎨 Art Therapy [3rd Actvty Rm] 1:00 📖 Potluck Trivia [3rd Actvty Rm] 1:30 🏇 Horse Race Game [3rd Actvty Rm] 2:30 📺 This Day in History [3rd Actvty Rm] 3:00 🎨 Music, Colors & Puzzles [3rd Actvty Rm] 4:00 🎭 Current Events [3rd Actvty Rm]</p>	<p>NATIONAL PANCAKE DAY 26</p> <p>9:00 🎵 Songs from the 20's, 30's and 40's [3rd Actvty Rm] 9:30 📖 Alphabet Soup [3rd Actvty Rm] 10:00 🎵 Music Therapy [3rd Actvty Rm] 10:30 ↔ Superstar Chair Fitness [3rd Actvty Rm] 1:00 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] 2:00 ↔ Brain Games [3rd Actvty Rm] 2:30 ↔ Exercise Games [3rd Actvty Rm] 4:00 🏃 Arm Chair Travel [3rd Actvty Rm]</p>	<p>NATIONAL DAY OF FORGIVENESS 27</p> <p>9:30 MS Bus Ride [1st HPC] 1:00 🎵 Sing Along [3rd Actvty Rm] 2:00 ↔ Exercise [3rd Actvty Rm] 2:30 🍿 Popcorn Bar 3:00 ↔ Noodle Ball [3rd Actvty Rm] 3:30 🎮 BINGO [3rd Actvty Rm]</p>	<p>NATIONAL GOOD NEIGHBOR DAY 28</p> <p>9:00 ↔ Balance of Harmony Chair Yoga [3rd FL] 9:30 📖 World's Longest Word [3rd FL] 10:30 ↔ Noodle Ball [3rd FL] 1:00 📖 Target Letter Game [3rd FL] 2:00 🎵 Sing-a-long [3rd FL] 3:00 🎮 Finish the Quiz [3rd FL] 3:30 🎮 BINGO [3rd FL]</p>	<p>NATIONAL COFFEE DAY 29</p> <p>9:30 🎵 Old Time Favorites Sing-a-long [3rd Actvty Rm] 10:30 ↔ Movin' to the Oldies [3rd Actvty Rm] 11:00 📖 Alphabet Soup [3rd Actvty Rm] 1:00 🧠 Brain Games [3rd Actvty Rm] 2:00 🍦 Ice Cream Cart [3rd FL] 2:30 ↔ Exercise Games [3rd Actvty Rm] 4:00 📺 YouTube: Street Food Vendor Tours [3rd Actvty Rm]</p>	<p>NATIONAL CHEWING GUM DAY 30</p> <p>9:15 🎵 Songs of the Past [3rd Actvty Rm] 10:00 ↔ Stars and Stripes Exercise [3rd Actvty Rm] 10:00 🏈 UH football - UH vs UNLV [6th FL LR] 10:30 🎮 BINGO [3rd Actvty Rm] 6:00 🎭 Hi'olani Bon Dance [1st HPC]</p>