





| 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."<br/>                     – Shauna Niequist</p>  | <p><b>NATIONAL LAZY MOM'S DAY</b> 1</p> <p>9:00 🎵 YouTube: Funny Dog &amp; Cat Videos [4th FL LR]<br/>                     9:30 🧘 Harmony Chair Yoga [4th FL LR]<br/>                     10:00 🎈 Balloon Burst [4th FL LR]<br/>                     10:30 🎈 Balloon Toss [4th FL LR]<br/>                     2:00 🎬 Friday Movie Matinee [4th FL LR]<br/>                     5:00 🏈 UH football - UH vs Stanford [6th FL LR]</p>    | <p><b>WORLD COCONUT DAY</b> 2</p> <p>9:00 🎵 Sing-along for 4th floor Residents [4th FL LR]<br/>                     9:30 ↔ Synergy Chair Fitness (4th floor residents) [4th FL LR]<br/>                     9:30 ↔ Synergy Chair Fitness (5th floor residents) [5th FL LR]<br/>                     10:00 🎈 Bingo (5th floor residents) [5th FL LR]<br/>                     10:30 🎈 BINGO (4th floor residents) [4th FL LR]<br/>                     3:00 🍳 Local Style Kitchen with Joy [3rd Actvty Rm]</p>  |
| <p><b>NATIONAL CINEMA DAY</b> 3</p> <p>9:30 ↔ Harmony Chair Yoga [4th FL LR]<br/>                     10:00 📖 Songs for Seniors Quiz [4th FL LR]<br/>                     10:30 🎵 Balloon Burst [4th FL LR]<br/>                     11:00 📖 Current Events [4th FL LR]<br/>                     2:00 📖 Noodle Ball [4th FL LR]<br/>                     3:00 🎵 Sing-a-long [4th FL LR]</p>      | <p><b>LABOR DAY</b> 4</p> <p>9:00 🎵 Sing-a-long [4th FL LR]<br/>                     9:30 ↔ Balance of Harmony Chair Yoga [4th FL LR]<br/>                     10:00 🗓️ This Day in History [4th FL LR]<br/>                     10:30 ↔ Trivia games for seniors [4th FL LR]<br/>                     2:30 🎬 Monday Movie Matinee [4th FL LR]</p>               | <p><b>NATIONAL CHEESE PIZZA DAY</b> 5</p> <p>9:00 🎈 Balloon Burst [4th FL LR]<br/>                     9:30 ↔ Chair Fitness Infusion [4th FL LR]<br/>                     9:30 🚌 Nursing Bus Ride - 4th &amp; 5th Floors [1st HPC]<br/>                     10:00 📖 Crosswords [4th FL LR]<br/>                     10:30 🎵 Sing-a-long [4th FL LR]<br/>                     2:30 ↔ Noodle Ball [4th FL LR]<br/>                     3:30 🎵 Spiritual Sing-a-long [4th FL LR]</p>          | <p><b>NATIONAL READ A BOOK DAY</b> 6</p> <p>9:00 🎵 Sing along for 5th floor residents [5th FL LR]<br/>                     9:00 🎵 Sing-a-long for 4th floor residents [4th FL LR]<br/>                     9:30 ↔ Music &amp; Motion for 4th floor [4th FL LR]<br/>                     9:30 ↔ Music and Motion for 5th floor [5th FL LR]<br/>                     10:00 📖 Word Games for 4th floor [4th FL LR]<br/>                     10:00 🗓️ Word games [5th FL LR]<br/>                     10:45 ↔ Noodle Ball [5th FL LR]<br/>                     2:30 🍷 Lei making class [5th FL LR]</p>  | <p><b>NATIONAL BEER LOVER'S DAY</b> 7</p> <p>9:00 🎵 Sing-along [4th FL LR]<br/>                     9:30 ↔ Movers -n- Shakers Chair Fitness [4th FL LR]<br/>                     10:00 🎈 Bingo [4th FL LR]<br/>                     11:00 📖 Current Events [3rd Actvty Rm]<br/>                     2:30 🧩 Puzzles, games, and music [4th FL LR]<br/>                     3:30 🎈 Balloon Burst [4th FL LR]</p>                       | <p><b>STAR TREK DAY</b> 8</p> <p>9:00 🎵 YouTube: Funny Dog &amp; Cat Videos [4th FL LR]<br/>                     9:30 🧘 Harmony Chair Yoga [4th FL LR]<br/>                     10:00 🎈 Balloon Burst [4th FL LR]<br/>                     10:30 ↔ Balloon Toss [4th FL LR]<br/>                     2:00 🎬 Friday Movie Matinee [4th FL LR]</p>   | <p><b>NATIONAL TEDDY BEAR DAY</b> 9</p> <p>9:00 🎵 Sing-along for 4th floor Residents [4th FL LR]<br/>                     9:30 ↔ Synergy Chair Fitness (4th floor residents) [4th FL LR]<br/>                     9:30 ↔ Synergy Chair Fitness (5th floor residents) [5th FL LR]<br/>                     10:00 🎈 Bingo (5th floor residents) [5th FL LR]<br/>                     10:30 🎈 BINGO (4th floor residents) [4th FL LR]<br/>                     3:00 🍳 Local Style Kitchen with Joy [3rd Actvty Rm]<br/>                     6:00 🏈 UH football - UH vs Albany [6th FL LR]</p>   |
| <p><b>NATIONAL TV DINNER DAY</b> 10</p> <p>9:30 ↔ Harmony Chair Yoga [4th FL LR]<br/>                     10:00 📖 Songs for Seniors Quiz [4th FL LR]<br/>                     10:30 🎵 Balloon Burst [4th FL LR]<br/>                     11:00 📖 Current Events [4th FL LR]<br/>                     2:00 📖 Noodle Ball [4th FL LR]<br/>                     3:00 🎵 Sing-a-long [4th FL LR]</p>  | <p><b>PATRIOT DAY</b> 11</p> <p>9:00 🎵 Sing-a-long [4th FL LR]<br/>                     9:30 ↔ Balance of Harmony Chair Yoga [4th FL LR]<br/>                     10:00 🗓️ This Day in History [4th FL LR]<br/>                     10:30 ↔ Trivia games for seniors [4th FL LR]<br/>                     2:30 🎬 Monday Movie Matinee [4th FL LR]</p>            | <p><b>NATIONAL DAY OF ENCOURAGEMENT</b> 12</p> <p>9:00 🎈 Balloon Burst [4th FL LR]<br/>                     9:30 ↔ Chair Fitness Infusion [4th FL LR]<br/>                     9:30 🚌 Nursing Bus Ride - 4th &amp; 5th Floors [1st HPC]<br/>                     10:00 📖 Crosswords [4th FL LR]<br/>                     10:30 🎵 Sing-a-long [4th FL LR]<br/>                     2:30 ↔ Noodle Ball [4th FL LR]<br/>                     3:30 🎵 Spiritual Sing-a-long [4th FL LR]</p>     | <p><b>NATIONAL PEANUT DAY</b> 13</p> <p>9:00 🎵 Sing along for 5th floor residents [5th FL LR]<br/>                     9:00 🎵 Sing-a-long for 4th floor residents [4th FL LR]<br/>                     9:30 ↔ Music &amp; Motion for 4th floor [4th FL LR]<br/>                     9:30 ↔ Music and Motion for 5th floor [5th FL LR]<br/>                     10:00 📖 Word Games for 4th floor [4th FL LR]<br/>                     10:00 🗓️ Word games [5th FL LR]<br/>                     10:45 ↔ Noodle Ball [5th FL LR]<br/>                     11:30 🍕 Nursing Residents Pizza Party [4th FL LR]<br/>                     2:30 🍷 Lei making class [5th FL LR]</p> | <p><b>NATIONAL CREAM FILLED DONUT DAY</b> 14</p> <p>9:00 🎵 Sing-along [4th FL LR]<br/>                     9:30 ↔ Movers -n- Shakers Chair Fitness [4th FL LR]<br/>                     10:00 🎈 Bingo [4th FL LR]<br/>                     11:00 📖 Current Events [4th FL LR]<br/>                     2:30 🧩 Puzzles, games, and music [4th FL LR]<br/>                     3:30 🎈 Balloon Burst [4th FL LR]</p>                    | <p><b>NATIONAL CHEESE TOAST DAY</b> 15</p> <p>10:00 🎵 Mele with Dean Hirata [3rd Actvty Rm]<br/>                     2:00 🎬 Friday Movie Matinee [4th FL LR]</p>   | <p><b>NATIONAL GUACAMOLE DAY</b> 16</p> <p>9:00 🎵 Sing-along for 4th floor Residents [4th FL LR]<br/>                     9:30 ↔ Synergy Chair Fitness (4th floor residents) [4th FL LR]<br/>                     9:30 ↔ Synergy Chair Fitness (5th floor residents) [5th FL LR]<br/>                     10:00 🎈 Bingo (5th floor residents) [5th FL LR]<br/>                     10:30 🎈 BINGO (4th floor residents) [4th FL LR]<br/>                     2:00 🏈 UH football - UH vs Oregon [6th FL LR]<br/>                     3:00 🍳 Local Style Kitchen with Joy [3rd Actvty Rm]</p>   |
| <p><b>NATIONAL GYMNASTICS DAY</b> 17</p> <p>9:30 ↔ Harmony Chair Yoga [4th FL LR]<br/>                     10:00 📖 Songs for Seniors Quiz [4th FL LR]<br/>                     10:30 🎵 Balloon Burst [4th FL LR]<br/>                     11:00 📖 Current Events [4th FL LR]<br/>                     2:00 📖 Noodle Ball [4th FL LR]<br/>                     3:00 🎵 Sing-a-long [4th FL LR]</p> | <p><b>AIR FORCE BIRTHDAY</b> 18</p> <p>9:00 🎵 Sing-a-long [4th FL LR]<br/>                     9:30 ↔ Balance of Harmony Chair Yoga [4th FL LR]<br/>                     10:00 🗓️ This Day in History [4th FL LR]<br/>                     10:30 ↔ Trivia games for seniors [4th FL LR]<br/>                     2:30 🎬 Monday Movie Matinee [4th FL LR]</p>     | <p><b>NATIONAL BUTTERSCOTCH PUDDING DAY</b> 19</p> <p>9:00 🎈 Balloon Burst [4th FL LR]<br/>                     9:30 ↔ Chair Fitness Infusion [4th FL LR]<br/>                     9:30 🚌 Nursing Bus Ride - 4th &amp; 5th Floors [1st HPC]<br/>                     10:00 📖 Crosswords [4th FL LR]<br/>                     10:30 🎵 Sing-a-long [4th FL LR]<br/>                     2:30 ↔ Noodle Ball [4th FL LR]<br/>                     3:30 🎵 Spiritual Sing-a-long [4th FL LR]</p> | <p><b>PEPPERONI PIZZA DAY</b> 20</p> <p>9:00 🎵 Sing along for 5th floor residents [5th FL LR]<br/>                     9:00 🎵 Sing-a-long for 4th floor residents [4th FL LR]<br/>                     9:30 ↔ Music &amp; Motion for 4th floor [4th FL LR]<br/>                     9:30 ↔ Music and Motion for 5th floor [5th FL LR]<br/>                     10:00 📖 Word Games for 4th floor [4th FL LR]<br/>                     10:00 🗓️ Word games [5th FL LR]<br/>                     10:45 ↔ Noodle Ball [5th FL LR]<br/>                     2:30 🍷 Lei making class [5th FL LR]</p>  | <p><b>NATIONAL PECAN COOKIE DAY</b> 21</p> <p>9:00 🎵 Sing-along [4th FL LR]<br/>                     9:30 ↔ Movers -n- Shakers Chair Fitness [4th FL LR]<br/>                     10:00 🎈 Bingo [4th FL LR]<br/>                     11:00 📖 Current Events [4th FL LR]<br/>                     2:30 🧩 Puzzles, games, and music [4th FL LR]<br/>                     3:30 🎈 Balloon Burst [3rd Actvty Rm]</p>                      | <p><b>NATIONAL ICE CREAM CONE DAY</b> 22</p> <p>9:00 🎵 YouTube: Funny Dog &amp; Cat Videos [4th FL LR]<br/>                     9:30 🧘 Harmony Chair Yoga [4th FL LR]<br/>                     10:00 🎈 Balloon Burst [4th FL LR]<br/>                     10:30 ↔ Balloon Toss [4th FL LR]<br/>                     10:30 🗓️ Resident Council Meeting [5th FL DR]<br/>                     2:00 🎬 Friday Movie Matinee [4th FL LR]</p> | <p><b>AUTUMN EQUINOX</b> 23</p> <p>9:00 🎵 Sing-along for 4th floor Residents [4th FL LR]<br/>                     9:30 ↔ Synergy Chair Fitness (4th floor residents) [4th FL LR]<br/>                     9:30 ↔ Synergy Chair Fitness (5th floor residents) [5th FL LR]<br/>                     10:00 🎈 Bingo (5th floor residents) [5th FL LR]<br/>                     10:30 🎈 BINGO (4th floor residents) [4th FL LR]<br/>                     3:00 🍳 Local Style Kitchen with Joy [3rd Actvty Rm]<br/>                     6:00 🏈 UH football - UH vs New Mexico State [6th FL LR]</p> |
| <p><b>NATIONAL SINGLES DAY</b> 24</p> <p>9:30 ↔ Harmony Chair Yoga [4th FL LR]<br/>                     10:00 📖 Songs for Seniors Quiz [4th FL LR]<br/>                     10:30 🎵 Balloon Burst [4th FL LR]<br/>                     11:00 📖 Current Events [4th FL LR]<br/>                     2:00 📖 Noodle Ball [4th FL LR]<br/>                     3:00 🎵 Sing-a-long [4th FL LR]</p>    | <p><b>NATIONAL DAUGHTER'S DAY</b> 25</p> <p>9:00 🎵 Sing Along [4th FL LR]<br/>                     9:30 ↔ Balance of Harmony Chair Yoga [4th FL LR]<br/>                     10:00 🗓️ This Day in History [4th FL LR]<br/>                     10:30 📖 Trivia games for seniors [4th FL LR]<br/>                     2:30 🎬 Monday Movie Matinee [4th FL LR]</p> | <p><b>NATIONAL PANCAKE DAY</b> 26</p> <p>9:00 🎈 Balloon Burst [4th FL LR]<br/>                     9:30 ↔ Chair Fitness Infusion [4th FL LR]<br/>                     9:30 🚌 Nursing Bus Ride - 4th &amp; 5th Floors [1st HPC]<br/>                     10:00 📖 Crosswords [4th FL LR]<br/>                     10:30 🎵 Sing-a-long [4th FL LR]<br/>                     2:30 ↔ Noodle Ball [4th FL LR]<br/>                     3:30 🎵 Spiritual Sing-a-long [4th FL LR]</p>              | <p><b>NATIONAL DAY OF FORGIVENESS</b> 27</p> <p>9:00 🎵 Sing along for 5th floor residents [5th FL LR]<br/>                     9:00 🎵 Sing-a-long for 4th floor residents [4th FL LR]<br/>                     9:30 ↔ Music &amp; Motion for 4th floor [4th FL LR]<br/>                     9:30 ↔ Music and Motion for 5th floor [5th FL LR]<br/>                     10:00 📖 Word Games for 4th floor [4th FL LR]<br/>                     10:00 🗓️ Word games [5th FL LR]<br/>                     10:45 ↔ Noodle Ball [5th FL LR]<br/>                     2:30 🍷 Lei making class [5th FL LR]</p>  | <p><b>NATIONAL GOOD NEIGHBOR DAY</b> 28</p> <p>9:00 🎵 Sing-along [3rd Actvty Rm]<br/>                     9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm]<br/>                     10:00 🎈 Bingo [3rd Actvty Rm]<br/>                     11:00 📖 Current Events [3rd Actvty Rm]<br/>                     2:30 🧩 Puzzles, games, and music [3rd Actvty Rm]<br/>                     3:30 🎈 Balloon Burst [3rd Actvty Rm]</p> | <p><b>NATIONAL COFFEE DAY</b> 29</p> <p>9:00 🎵 YouTube: Funny Dog &amp; Cat Videos [4th FL LR]<br/>                     9:30 🧘 Harmony Chair Yoga [4th FL LR]<br/>                     10:00 🎈 Balloon Burst [4th FL LR]<br/>                     10:30 ↔ Balloon Toss [4th FL LR]<br/>                     2:00 🎬 Friday Movie Matinee [4th FL LR]</p>  | <p><b>NATIONAL CHEWING GUM DAY</b> 30</p> <p>9:00 🎵 Sing-along for 4th floor Residents [4th FL LR]<br/>                     9:30 ↔ Synergy Chair Fitness (4th floor residents) [4th FL LR]<br/>                     9:30 ↔ Synergy Chair Fitness (5th floor residents) [5th FL LR]<br/>                     10:00 🎈 Bingo (5th floor residents) [5th FL LR]<br/>                     10:00 🏈 UH football - UH vs UNLV [6th FL LR]<br/>                     10:30 🎈 BINGO (4th floor residents) [4th FL LR]<br/>                     6:00 🎵 Hi'olani Bon Dance [1st HPC]</p>                  |