

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 🎵 Spiritual sing along [6th FL LR] 1 9:30 ➡ Be Fit Exercise Classes [6th FL LR] 10:15 📖 Trivia games [6th FL LR] 3:30 🎮 Mah Jong [6th FL NS]	LABOR DAY 2 9:00 🎵 Sing along [3rd Actvty Rm] 9:30 ➡ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🧠 Brain Twisters with Rolan [3rd Actvty Rm] 2:00 🎀 Manis with Rolan [6th FL LR] 3:00 🎮 Joyful Connections [6th FL LR] 6:00 🎮 Mah Jong [6th FL NS]	3 9:00 🎵 Music [6th FL LR] 9:30 ➡ Strength and Balance with Lennon [6th FL LR] 10:30 Mind Games with Rolan [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🎮 Joyful Connections [6th FL LR]	4 9:00 ➡ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:30 🎨 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holo Holo Bus Ride / Palolo / Manoa [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🎮 Mah Jong [6th FL NS]	5 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ➡ Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 11:10 🐾 Pet Therapy visits with Raleigh and Cody [6th FL LR] 2:00 🎀 Jewelry making with Rolan [6th FL LR] 3:30 🎮 Relaxation and self care with Rolan [6th FL LR] 6:00 🎮 Bingo Night [3rd FL]	6 9:00 🎵 Old Time Favorite Songs [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 ➡ Exercise games with Racyn [6th FL LR]	7 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]
9:00 🎵 Spiritual sing along [6th FL LR] 8 9:30 ➡ Be Fit Exercise Classes [6th FL LR] 10:15 📖 Trivia games [6th FL LR] 3:30 🎮 Mah Jong [6th FL NS]	9 9:30 🎮 Hank the Singing Dutchman Performance [3rd Actvty Rm] 2:00 🎀 Manis with Rolan [6th FL LR] 3:00 🎮 Joyful Connections [6th FL LR] 6:00 🎮 Mah Jong [6th FL NS]	10 9:00 🎵 Music [6th FL LR] 9:30 ➡ Strength and Balance with Lennon [6th FL LR] 10:30 Mind Games with Rolan [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🎮 Joyful Connections [6th FL LR]	11 9:00 ➡ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:30 🎨 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holo Holo Bus Ride / Fort Weaver Road [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🎮 Mah Jong [6th FL NS]	12 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ➡ Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 11:10 🐾 Pet Therapy visits with Raleigh and Cody [6th FL LR] 2:00 🎀 Jewelry making with Rolan [6th FL LR] 3:30 🎮 Relaxation and self care with Rolan [6th FL LR] 6:00 🎮 Bingo Night [3rd FL]	13 9:00 🎵 Old Time Favorite Songs [6th FL LR] 9:30 ➡ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 📖 Church Service with Pastor Brad Chow [3rd Actvty Rm] 11:00 📖 Current Events [6th FL LR] 1:30 🍿 Ice Cream Cart 3:00 ➡ Exercise games with Racyn [6th FL LR]	14 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]
9:00 🎵 Spiritual sing along [6th FL LR] 15 9:30 ➡ Be Fit Exercise Classes [6th FL LR] 10:15 📖 Trivia games [6th FL LR] 3:30 🎮 Mah Jong [6th FL NS]	16 9:00 🎵 Sing along [3rd Actvty Rm] 9:30 ➡ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🌍 World Cultures with Rolan [3rd Actvty Rm] 11:30 🍕 Assisted Living Pizza Party [KDR] 2:00 🎀 Manis with Rolan [6th FL LR] 3:00 🎮 Joyful Connections [6th FL LR] 6:00 🎮 Mah Jong [6th FL NS]	17 9:00 🎵 Music [6th FL LR] 9:30 ➡ Strength and Balance with Lennon [6th FL LR] 10:30 Mind Games with Rolan [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🎮 Joyful Connections [6th FL LR]	18 9:00 ➡ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:30 🎨 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holo Holo Bus Ride / Kaaawa [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🎮 Mah Jong [6th FL NS]	19 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ➡ Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR] 10:00 🎮 Mele with Dean hirata [3rd Actvty Rm] 10:00 📖 Mind Games [6th FL LR] 11:10 🐾 Pet Therapy visits with Raleigh and Cody [6th FL LR] 2:00 🎀 Jewelry making with Rolan [6th FL LR] 3:30 🎮 Relaxation and self care with Rolan [6th FL LR] 6:00 🎮 Bingo Night [3rd FL]	20 9:00 🎵 Old Time Favorite Songs [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 ➡ Exercise games with Racyn [6th FL LR]	21 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]
9:00 🎵 Spiritual sing along [6th FL LR] 22 9:30 ➡ Be Fit Exercise Classes [6th FL LR] 10:15 📖 Trivia games [6th FL LR] 3:30 🎮 Mah Jong [6th FL NS]	23 9:00 🎵 Sing along [3rd Actvty Rm] 9:30 ➡ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🌍 World Cultures [3rd Actvty Rm] 2:00 🎀 Manis with Rolan [6th FL LR] 3:00 🎮 Joyful Connections [6th FL LR] 6:00 🎮 Mah Jong [6th FL NS]	24 9:00 🎵 Music [6th FL LR] 9:30 ➡ Strength and Balance with Lennon [6th FL LR] 10:30 Mind Games with Rolan [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:00 🎮 Joyful Connections [6th FL LR]	25 9:00 ➡ Noodle Chair Fitness [3rd Actvty Rm] 9:30 📖 Brain Workout [3rd Actvty Rm] 10:30 🎨 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holo Holo Bus Ride / Salt Lake [1st HPC] 2:00 🍿 Popcorn Bar 2:30 🎉 October fest with Phil and friends [1st HPC] 6:00 🎮 Mah Jong [6th FL NS]	26 9:00 🎵 Sing-a-long [6th FL LR] 9:30 ➡ Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 11:10 🐾 Pet Therapy visits with Raleigh and Cody [6th FL LR] 2:00 🎀 Jewelry making with Rolan [6th FL LR] 3:30 🎮 Relaxation and self care with Rolan [6th FL LR] 6:00 🎮 Bingo Night [3rd FL]	27 9:00 🎵 Old Time Favorite Songs [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 ➡ Exercise games with Racyn [6th FL LR]	28 9:30 ➡ Superstar Chair Fitness [6th FL LR] 10:00 📖 Mind Games [6th FL LR] 10:30 🎮 BINGO [6th FL LR] 2:15 🎨 Arts & Crafts [6th FL LR] 6:00 🎮 Hi'olani Bon Dance [1st HPC]
9:00 🎵 Spiritual sing along [6th FL LR] 29 9:30 ➡ Be Fit Exercise Classes [6th FL LR] 10:15 📖 Trivia games [6th FL LR] 3:30 🎮 Mah Jong [6th FL NS]	30 9:00 🎵 Sing along [3rd Actvty Rm] 9:30 ➡ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🧠 Brain Twisters [3rd Actvty Rm] 2:00 🎀 Manis with Rolan [6th FL LR] 3:00 🎮 Joyful Connections [6th FL LR] 6:00 🎮 Mah Jong [6th FL NS]				<p>"There is nothing in the world so irresistibly contagious as laughter and good humor." — Charles Dickens, A Christmas Carol</p>	