

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 🎵 Music [6th FL LR] 1 9:30 ↔ Strength and Balance with Lennon [6th FL LR] 10:30 Mind Games with Rolen [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:30 🌿 Joyful Connections [6th FL LR]	9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 2 9:30 📖 Brain Workout [3rd Actvty Rm] 10:30 🎨 Art Therapy [3rd Actvty Rm] 10:30 🎹 Dr. Arbuckle plays Piano [3rd Actvty Rm] 1:30 🚌 Holo Holo Bus Ride: Palolo/Manoa [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🌿 Mah Jong [6th FL NS]	9:00 🎵 Sing-a-long [6th FL LR] 3 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 Rolen [6th FL LR] 6:00 🦋 Bingo Night [3rd FL]	9:00 🎵 Old Time Favorite Songs [6th FL LR] 4 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]	9:30 ↔ Superstar Chair Fitness [6th FL LR] 5 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 🎵 Music [6th FL LR] 6 9:45 ↔ Stretch & Toning with Jennifer [6th FL LR] 10:15 📖 Trivial Pursuits with Jennifer [6th FL LR] 11:00 🚶 Arm chair travel [6th FL LR] 3:30 🌿 Mah Jong [6th FL NS]	9:00 🎵 Sing along [3rd Actvty Rm] 7 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 📖 Brain Twisters [6th FL LR] 2:00 🌸 Manis with Rolen (sign up at nursing station) [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🌿 Mah Jong [6th FL NS]	9:00 🎵 Music [6th FL LR] 8 9:30 ↔ Strength and Balance with Lennon [6th FL LR] 10:30 Mind Games with Rolen [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:30 🌿 Joyful Connections [6th FL LR]	9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 9 9:30 📖 Brain Workout [3rd Actvty Rm] 10:30 🎨 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holo Holo Bus Ride: Hauula [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🌿 Mah Jong [6th FL NS]	10:00 🌿 Viola Recital w/ Anna and Katy [3rd Actvty Rm] 10 11:10 🦋 Pet Therapy visits with Raleigh and Cody [6th FL LR] 2:00 🎨 Jewelry making with Rolen [6th FL LR] 6:00 🦋 Bingo Night [3rd FL]	9:00 🎵 Old Time Favorite Songs [6th FL LR] 11 9:30 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 📖 Church Service [3rd Actvty Rm] 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]	9:30 ↔ Superstar Chair Fitness [6th FL LR] 12 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 🎵 Music [6th FL LR] 13 9:45 ↔ Stretch & Toning with Jennifer [6th FL LR] 10:15 📖 Trivial Pursuits with Jennifer [6th FL LR] 11:00 🚶 Arm chair travel [6th FL LR] 3:30 🌿 Mah Jong [6th FL NS]	9:00 🎵 Sing along [3rd Actvty Rm] 14 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🎨 Arts and Crafts [3rd Actvty Rm] 2:00 🌸 Manis with Rolen (sign up at nursing station) [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🌿 Mah Jong [6th FL NS]	9:00 🎵 Music [6th FL LR] 15 9:30 ↔ Strength and Balance with Lennon [6th FL LR] 10:30 Mind Games with Rolen [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:30 🌿 Joyful Connections [6th FL LR]	9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 16 9:30 📖 Brain Workout [3rd Actvty Rm] 10:30 🎨 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holo Holo Bus Ride: Pearl City [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🌿 Mah Jong [6th FL NS]	9:00 🎵 Sing-a-long [6th FL LR] 17 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 Rolen [6th FL LR] 6:00 🦋 Bingo Night [3rd FL]	9:00 🎵 Old Time Favorite Songs [6th FL LR] 18 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]	9:30 ↔ Superstar Chair Fitness [6th FL LR] 19 10:00 📖 Mind Games [6th FL LR] 10:30 🌿 BINGO [6th FL LR] 11:00 🌿 First United Methodist Church [1st HPC] 1:00 🍷 Local Style Kitchen with Joy [3rd Actvty Rm] 2:15 🎨 Arts & Crafts [6th FL LR]
9:00 🎵 Music [6th FL LR] 20 9:45 ↔ Stretch & Toning with Jennifer [6th FL LR] 10:15 📖 Trivial Pursuits with Jennifer [6th FL LR] 11:00 🚶 Arm chair travel [6th FL LR] 3:30 🌿 Mah Jong [6th FL NS]	9:00 🎵 Sing along [3rd Actvty Rm] 21 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🍷 World Cultures [3rd Actvty Rm] 11:30 🍷 Assisted Living Pizza Party [KDR] 2:00 🌸 Manis with Rolen (sign up at nursing station) [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🌿 Mah Jong [6th FL NS]	10:00 🌿 Music with Hank [3rd Actvty Rm] 22 2:00 📖 Crossword Puzzle [6th FL LR] 3:30 🌿 Joyful Connections [6th FL LR]	9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 23 9:30 📖 Brain Workout [3rd Actvty Rm] 10:30 🎨 Art Therapy [3rd Actvty Rm] 1:30 🚌 Holo Holo Bus Ride: H-3 Kaneohe [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🌿 Mah Jong [6th FL NS]	9:00 🎵 Sing-a-long [6th FL LR] 24 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 Rolen [6th FL LR] 6:00 🦋 Bingo Night [3rd FL]	9:00 🎵 Old Time Favorite Songs [6th FL LR] 25 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]	9:30 ↔ Superstar Chair Fitness [6th FL LR] 26 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 🎵 Music [6th FL LR] 27 9:45 ↔ Stretch & Toning with Jennifer [6th FL LR] 10:15 📖 Trivial Pursuits with Jennifer [6th FL LR] 11:00 🚶 Arm chair travel [6th FL LR] 3:30 🌿 Mah Jong [6th FL NS]	9:00 🎵 Sing along [3rd Actvty Rm] 28 9:30 ↔ Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🍷 World Cultures [3rd Actvty Rm] 10:00 🍷 World Cultures with Rolen [3rd Actvty Rm] 2:00 🌸 Manis with Rolen (sign up at nursing station) [6th FL LR] 3:00 🌿 Joyful Connections [6th FL LR] 6:00 🌿 Mah Jong [6th FL NS]	9:00 🎵 Music [6th FL LR] 29 9:30 ↔ Strength and Balance with Lennon [6th FL LR] 10:30 Mind Games with Rolen [6th FL LR] 2:00 📖 Crossword Puzzle [6th FL LR] 3:30 🌿 Joyful Connections [6th FL LR]	9:00 ↔ Noodle Chair Fitness [3rd Actvty Rm] 30 9:30 📖 Brain Workout [3rd Actvty Rm] 10:30 🎨 Art Therapy [3rd Actvty Rm] 10:30 🎹 Dr. Arbuckle plays Piano [3rd Actvty Rm] 1:30 🚌 Holo Holo Bus Ride: Aulani [1st HPC] 2:00 🍿 Popcorn Bar 6:00 🌿 Mah Jong [6th FL NS]			<p>“Make the best use of what is in your power, and take the rest as it happens.” <i>– Epictetus</i></p>

