

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:50 🟡 Daily Orientation Board [HAR] 1</p> <p>9:00 🟢 Healthy Living: Monthly Medical Monitoring [HAR]</p> <p>9:00 🟠 Sunday Hymns and Spiritual Songs [HAR]</p> <p>10:00 🟢 Sit and Be Fit Exercise [HAR]</p> <p>1:00 🟡 Movie: I Can Only Imagine (NFX) [HAR]</p> <p>2:00 🟢 Snacks and Hydration [HAR]</p> <p>3:00 🟡 Letter Scramble: Days & Months [HAR]</p> <p>6:00 🟡 Watch America's Got Talent [HAR]</p>	<p>Happy Labor Day! 2</p> <p>Medical Appointments (9:00 AM - 4:00 PM)</p> <p>8:30 🟢 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Scenic Drive to Makaha Tower [HAR]</p> <p>10:00 🟡 Name That Tune [HKL-Activity Room]</p> <p>1:00 🟢 Afternoon Exercise: Fit and Fun [HAR]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 3</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Seated Exercises with JP [CG]</p> <p>10:00 🟡 Sensory Playdough Games [HAR]</p> <p>1:00 🟡 Keep The Streak with Balloon Kickball [HAR]</p> <p>2:00 🟢 Tuesday Treats: Munchkins [HAR]</p> <p>3:00 🟢 Arts and Crafts with JP [HAR]</p> <p>6:00 🟡 Watch America's Got Talent [HAR]</p>	<p>Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM) 4</p> <p>8:30 🟢 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Mobility Ball Exercise [HAR]</p> <p>10:00 🟡 All About Butterflies [HAR]</p> <p>1:00 🎵 Music Group with Sounding Joy Part 1 [MSG]</p> <p>2:00 🎵 Music Group with Sounding Joy Part 2 [MSG]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Colouring-in for September [HAR]</p> <p>6:00 🟢 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 5</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Morning Fuzion and Fitness Chair Exercise [HAR]</p> <p>10:00 🎵 Play with the Busy Board [HAR]</p> <p>1:00 🟡 Aim and Shoot Bucket Ball Toss [HAR]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Watch America's Got Talent [HAR]</p>	<p>Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM) 6</p> <p>8:30 🟢 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Walking with the Blue Zones Walking Moai [CG]</p> <p>10:00 🎵 Outdoor Sing Along with Friends [CG]</p> <p>1:00 🟢 Road Trip to Ewa Beach [HAR]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Evening News and Current Affairs [HAR]</p>	<p>8:50 🟡 Daily Orientation Board [HAR] 7</p> <p>9:00 🟢 Seated Tai Chi [HAR]</p> <p>10:00 🟡 Pass The Ball Stop The Music [HAR]</p> <p>1:00 🟡 Storytime and Memory Challenge [HAR]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟡 Use a full-length mirror to describe reflection [HAR]</p> <p>6:00 🟡 Watch Wheel of Fortune [HAR]</p>
<p>Happy Grandparents Day! 8</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟠 Sunday Hymns and Spiritual Songs [HAR]</p> <p>10:00 🟢 Sit and Be Fit Exercise [HAR]</p> <p>1:00 🟢 Grandparents Day Gourmet Bitez Deli Social [HAR]</p> <p>2:00 🟢 Snacks and Hydration [HAR]</p> <p>3:00 🟢 Piece by Piece Puzzle Time [HKL-Activity Room]</p> <p>6:00 🟡 Watch America's Got Talent [HAR]</p>	<p>Happy National Assisted Living Week! 9</p> <p>Medical Appointments (9:00 AM - 4:00 PM)</p> <p>8:30 🟢 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Scenic Drive to Haleiwa [HAR]</p> <p>10:00 🟡 Name the Bird Visual Quiz [HAR]</p> <p>1:00 🟢 Afternoon Exercise: Fit and Fun [HAR]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 10</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Seated Exercises with JP [CG]</p> <p>10:00 🟡 Roy and Ron Morning Performance [HOC-Lobby Cafe]</p> <p>1:00 🟢 Design Ceramic Painting [HAR]</p> <p>2:00 🟢 Tuesday Treats: Popsicle [HAR]</p> <p>3:00 🟢 Arts and Crafts with JP [HAR]</p> <p>6:00 🟡 Watch America's Got Talent [HAR]</p>	<p>Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM) 11</p> <p>8:30 🟢 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Mobility Ball Exercise [HAR]</p> <p>10:00 🟢 Make Your Own Fall Greeting Cards [HAR]</p> <p>1:00 🎵 Music Group with Sounding Joy Part 1 [MSG]</p> <p>2:00 🎵 Music Group with Sounding Joy Part 2 [MSG]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 12</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Morning Fuzion and Fitness Chair Exercise [HAR]</p> <p>10:00 🎵 Explore the different sounds from vehicles [HAR]</p> <p>1:00 🟢 Make Your Own Fall Truck Art Craft [HKL-Activity Room]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Watch America's Got Talent [HAR]</p>	<p>Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM) 13</p> <p>8:30 🟢 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Walking with the Blue Zones Walking Moai [CG]</p> <p>10:00 🎵 Outdoor Sing Along with Friends [CG]</p> <p>1:00 🟢 Road Trip to Pearl City [HAR]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Evening News and Current Affairs [HAR]</p>	<p>8:50 🟡 Daily Orientation Board [HAR] 14</p> <p>9:00 🟢 Seated Tai Chi [HAR]</p> <p>10:00 🟢 Gardening- Outdoor Pastime [CG]</p> <p>1:00 🟡 Get Moving with Balloon Volleyball [HKL-Activity Room]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Practice stacking blocks [HAR]</p> <p>6:00 🟡 Watch Wheel of Fortune [HAR]</p>
<p>8:50 🟡 Daily Orientation Board [HAR] 15</p> <p>9:00 🟠 Sunday Hymns and Spiritual Songs [HAR]</p> <p>10:00 🟢 Sit and Be Fit Exercise [HAR]</p> <p>1:00 🟢 Documentary -Japan's Wild North: The Wilderness of Hokkaido (YouTube) [HAR]</p> <p>2:00 🟢 Snacks and Hydration [HAR]</p> <p>3:00 🟢 Puzzle with Friends [HAR]</p> <p>6:00 🟡 Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 16</p> <p>8:30 🟢 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Scenic Drive to Kaneohe [HAR]</p> <p>10:00 🟡 Add and Subtract Math Challenge [HAR]</p> <p>1:00 🟢 Afternoon Exercise: Fit and Fun [HAR]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 17</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Seated Exercises with JP [CG]</p> <p>10:00 🟡 Name the Animal [HAR]</p> <p>1:00 🟢 Halloween House Stickers Scene [HAR]</p> <p>2:00 🟢 Tuesday Treats: Mini Bites Brownie [HAR]</p> <p>3:00 🟢 Arts and Crafts with JP [HAR]</p> <p>6:00 🟡 Watch America's Got Talent [HAR]</p>	<p>Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM) 18</p> <p>8:30 🟢 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Mobility Ball Exercise [HAR]</p> <p>10:00 🟡 Memory Match Game [HAR]</p> <p>1:00 🎵 Music Group with Sounding Joy Part 1 [MSG]</p> <p>2:00 🎵 Music Group with Sounding Joy Part 2 [MSG]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 19</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Morning Fuzion and Fitness Chair Exercise [HAR]</p> <p>10:00 🟡 Paint a picture and describe what you're doing through every stroke [HAR]</p> <p>1:00 🎵 Music and Motion: Listen to Frank Sinatra - Make and Donate Yarn Leis [HAR]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Watch America's Got Talent [HAR]</p>	<p>Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM) 20</p> <p>8:30 🟢 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🟢 Walking with the Blue Zones Walking Moai [CG]</p> <p>10:00 🎵 Outdoor Sing Along with Friends [CG]</p> <p>1:00 🟢 Road Trip to Waipio Soccer Complex [HAR]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Shout and Score in Bingo! [HAR]</p> <p>6:00 🟢 Evening News and Current Affairs [HAR]</p>	<p>8:50 🟡 Daily Orientation Board [HAR] 21</p> <p>9:00 🟢 Seated Tai Chi [HAR]</p> <p>10:00 🟢 Gardening- Outdoor Pastime [CG]</p> <p>1:00 🟡 Balloon Volleyball with Friends [HAR]</p> <p>2:00 🟢 Snacks & Hydration [HAR]</p> <p>3:00 🟢 Try tasting different varieties of apples [HAR]</p> <p>6:00 🟡 Watch Wheel of Fortune [HAR]</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>8:50 📍 Daily Orientation Board [HAR] 22</p> <p>9:00 ✝️ Sunday Hymns and Spiritual Songs [HAR]</p> <p>10:00 🔄 Sit and Be Fit Exercise [HAR]</p> <p>1:00 🎯 Aim and Score in Cornhole [HAR]</p> <p>2:00 🥗 Snacks and Hydration [HAR]</p> <p>3:00 📺 Documentary: Secret World of Crustaceans (YouTube) [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 23</p> <p>8:30 🏠 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 📍 Daily Orientation Board [HAR]</p> <p>9:00 🚗 Scenic Drive to Sand Island [HAR]</p> <p>10:00 🧠 Name the States [HAR]</p> <p>1:00 🔄 Afternoon Exercise: Fit and Fun [HAR]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>3:00 🎲 Shout and Score in Bingo! [HAR]</p> <p>6:00 📺 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 24</p> <p>8:50 📍 Daily Orientation Board [HAR]</p> <p>9:00 🔄 Seated Exercises with JP [CG]</p> <p>10:00 🎯 Keep the Streak with Balloon Kickball [HAR]</p> <p>1:00 🧶 Let's Make Beaded Bracelets [HAR]</p> <p>2:00 🍴 Tuesday Treats: Ravioli with Pesto Sauce [HAR]</p> <p>3:00 🦋 Arts and Crafts with JP [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM) 25</p> <p>8:30 🏠 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 📍 Daily Orientation Board [HAR]</p> <p>9:00 🔄 Mobility Ball Exercise [HAR]</p> <p>10:00 🎵 Listen to 60's, 70's and 80's Music Hits [HAR]</p> <p>1:00 🎵 Music Group with Sounding Joy Part 1 [MSG]</p> <p>2:00 🎵 Music Group with Sounding Joy Part 2 [MSG]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>3:00 🎲 Shout and Score in Bingo! [HAR]</p> <p>6:00 📺 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 26</p> <p>8:50 📍 Daily Orientation Board [HAR]</p> <p>9:00 🔄 Morning Fuzion and Fitness Chair Exercise [HAR]</p> <p>10:00 🧠 Tea Bag Matching Game [HAR]</p> <p>1:00 📻 Play a variety of music types on the radio [HAR]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>3:00 🎲 Shout and Score in Bingo! [HAR]</p> <p>6:00 📺 Watch America's Got Talent [HAR]</p>	<p>Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM) 27</p> <p>8:30 🏠 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 📍 Daily Orientation Board [HAR]</p> <p>9:00 🔄 Walking with the Blue Zones Walking Moai [CG]</p> <p>10:00 🎵 Outdoor Sing Along with Friends [CG]</p> <p>1:00 🚗 Road Trip to Patsy Mink [HAR]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>3:00 🎲 Shout and Score in Bingo! [HAR]</p> <p>6:00 📺 Evening News and Current Affairs [HAR]</p>	<p>8:50 📍 Daily Orientation Board [HAR] 28</p> <p>9:00 🔄 Seated Tai Chi [HAR]</p> <p>10:00 🏠 Gardening- Outdoor Pastime [CG]</p> <p>1:00 🎲 Let's Play Chicken Feet [HAR]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>3:00 📍 Try tasting different varieties of cheese [HAR]</p> <p>6:00 ⭐ Watch Wheel of Fortune [HAR]</p>	
<p>8:50 📍 Daily Orientation Board [HAR] 29</p> <p>9:00 ✝️ Sunday Hymns and Spiritual Songs [HAR]</p> <p>10:00 ✝️ Living Waters Music Performance [HOC-Lobby Cafe]</p> <p>10:00 🔄 Sit and Be Fit Exercise [HAR]</p> <p>1:00 🎯 Aim and Shoot Bucketball Toss [HAR]</p> <p>2:00 🥗 Snacks and Hydration [HAR]</p> <p>3:00 🎲 Puzzle with Friends [HMD-Main Dining Room]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 30</p> <p>8:30 🏠 You've Got Mail: Morning Mail Delivery [CG]</p> <p>8:50 📍 Daily Orientation Board [HAR]</p> <p>9:00 🚗 Scenic Drive to Diamond Head [HAR]</p> <p>10:00 🎨 Color Your Own Velveteen Artwork [HAR]</p> <p>10:00 ⭐ Na Leo Manu O'o Performance [HOC-Lobby Cafe]</p> <p>1:00 🔄 Afternoon Exercise: Fit and Fun [HAR]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>3:00 🎲 Shout and Score in Bingo! [HAR]</p> <p>6:00 📺 Evening News and Current Affairs [HAR]</p>	 <p>739 Leihano Street Kapolei, Hawaii 96707 808-674-8022</p> <p>THE ART OF LIVING WELLSM</p>				<ul style="list-style-type: none"> ☑️ After Dinner Program 🧶 Beaded and Leis 🎲 Board, Card Games, and Table Games 🧠 Brain Games 🦋 Creativity Corner 📖 Educational ⭐ Entertainment 🔄 Fitness 🍴 Food Demo 🎯 Indoor Games 🗣️ Interactive Chats 🏠 Medical Related 📺 Movie 🎵 Music 🏠 Outdoor Activities 🚗 Outings 🎨 Painting/Coloring 📖 Reading and Card Making 🥗 Social Events ✝️ Spiritual Wellness 	

