

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



THE ART OF LIVING WELLSM

739 Leihano Street
Kapolei, Hawaii 96707
808-674-8022

- After Dinner Program
- Board, Card Games, and Table Games
- Brain Games/Sensory Games
- Christmas
- Creativity Corner
- Educational
- Entertainment
- Fitness
- Food Demo
- Indoor Games
- Interactive Chats
- Medical Related
- Meditation
- Movie
- Music
- Outdoor Activities
- Outings
- Painting/Coloring
- Reading and Card Making
- Social Events
- Spiritual Wellness

					Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM) 1 8:30 🏠 You've Got Mail: Morning Mail Delivery [CG] 8:50 🟡 Daily Orientation Board [HAR] 9:00 🏠 Healthy Living: Monthly Medical Monitoring [HAR] 9:00 🚶 Walking with the Blue Zones Walking Moai [CG] 10:00 🎵 SingFit Music and Trivia [CG] 1:00 🚗 Road Trip to Kunia [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎲 Shout and Score in Bingo! [HAR] 6:00 📺 Evening News and Current Affairs [HAR]	8:50 🟡 Daily Orientation Board [HAR] 2 9:00 🚶 Seated Tai Chi [HAR] 10:00 🎨 Color by Numbers [HAR] 1:00 🎯 Aim and Shoot Bucket Ball Toss [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎵 Music Therapy: Karaoke with friends [HAR] 6:00 ⭐ Watch Wheel of Fortune [HAR]
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8:50 🟡 Daily Orientation Board [HAR] 3 9:00 ✝️ Sunday Hymns and Spiritual Songs [HAR] 10:00 🚶 Sit and Be Fit Exercise [HAR] 1:00 🎬 Sunday Movie: The Beautiful Game (NFX) [HAR] 2:00 🥗 Snacks and Hydration [HAR] 3:00 🎨 7 Drawing Activities Series 1 [HAR] 6:00 ⭐ Watch America's Got Talent [HAR]	Medical Appointments (9:00 AM - 4:00 PM) 4 8:30 🏠 You've Got Mail: Morning Mail Delivery [CG] 8:50 🟡 Daily Orientation Board [HAR] 9:00 🚗 Scenic Drive to Diamond Head [HAR] 10:00 🎵 SingFit Music and Trivia [HAR] 1:00 🚶 Afternoon Exercise: Fit and Fun [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎲 Shout and Score in Bingo! [HAR] 6:00 📺 Evening News and Current Affairs [HAR]	Medical Appointments (9:00 AM - 4:00 PM) 5 8:50 🟡 Daily Orientation Board [HAR] 9:00 🚶 Seated Exercises (You Tube) [CG] 10:00 🎨 Wood Art Coloring [HAR] 1:00 ❤️ Sensory Game [HAR] 2:00 🍴 Tuesday Treats: [HAR] 3:00 🦋 Arts and Crafts [HAR] 6:00 ⭐ Watch America's Got Talent [HAR]	Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM) 6 8:30 🏠 You've Got Mail: Morning Mail Delivery [CG] 8:50 🟡 Daily Orientation Board [HAR] 9:00 🚶 Mobility Ball Exercise [HAR] 10:00 🧩 Puzzle Time [HAR] 1:00 🎵 SingFit Music and Trivia [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎲 Shout and Score in Bingo! [HAR] 6:00 📺 Evening News and Current Affairs [HAR]	Medical Appointments (9:00 AM - 4:00 PM) 7 1:00 🟡 Name a Fruit or Vegetable Alphabet Quiz [HAR] 8:50 🟡 Daily Orientation Board [HAR] 9:00 🚶 Morning Fuzion and Fitness Chair Exercise [HAR] 10:00 🎯 Parachute Ball Game [HAR] 1:00 🟡 Audience Participation Story: Mystery On Board [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎲 Shout and Score in Bingo! [HAR] 6:00 📺 Watch America's Got Talent [HAR]	Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM) 8 8:30 🏠 You've Got Mail: Morning Mail Delivery [CG] 8:50 🟡 Daily Orientation Board [HAR] 9:00 🚶 Walking with the Blue Zones Walking Moai [CG] 10:00 🎵 SingFit Music and Trivia [CG] 1:00 🚗 Road Trip to Kunia [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎲 Shout and Score in Bingo! [HAR] 6:00 📺 Evening News and Current Affairs [HAR]	8:50 🟡 Daily Orientation Board [HAR] 9 9:00 🚶 Seated Tai Chi [HAR] 10:00 🏠 Gardening- Outdoor Pastime [CG] 1:00 🟡 First Letter of the Month Trivia [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎵 Music Therapy: Karaoke with friends [HAR] 6:00 ⭐ Watch Wheel of Fortune [HAR]
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8:50 🟡 Daily Orientation Board [HAR] 10 9:00 ✝️ Sunday Hymns and Spiritual Songs [HAR] 10:00 🚶 Sit and Be Fit Exercise [HAR] 1:00 🎬 Sunday Movie: Princess Diaries 1 (Hulu) [HAR] 2:00 🥗 Snacks and Hydration [HAR] 3:00 🎨 7 Drawing Activities Series 2 [HAR] 6:00 ⭐ Watch America's Got Talent [HAR]	HAPPY VETERAN'S DAY Happy National Memory Care Week! 11 Medical Appointments (9:00 AM - 4:00 PM) 8:30 🏠 You've Got Mail: Morning Mail Delivery [CG] 8:50 🟡 Daily Orientation Board [HAR] 9:00 🚶 Let's Explore Our Memory Care Garden [CG] 10:00 🎵 SingFit Music and Trivia [HAR] 1:00 🚶 Afternoon Exercise: Fit and Fun [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎲 Shout and Score in Bingo! [HAR] 6:00 📺 Evening News and Current Affairs [HAR]	Medical Appointments (9:00 AM - 4:00 PM) 12 8:50 🟡 Daily Orientation Board [HAR] 9:00 🚶 Seated Exercises (You Tube) [CG] 10:00 ⭐ Roy and Ron Morning Performance [HOC-Lobby Cafe] 1:00 💡 Mystery Sensory Balloons [HAR] 2:00 🍴 Tuesday Treats: [HAR] 3:00 🦋 Arts and Crafts [HAR] 6:00 ⭐ Watch America's Got Talent [HAR]	Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM) 13 8:30 🏠 You've Got Mail: Morning Mail Delivery [CG] 8:50 🟡 Daily Orientation Board [HAR] 9:00 🚶 Mobility Ball Exercise [HAR] 10:00 ⭐ Pono Wahine Kane Performance [HKL-Activity Room] 1:00 🥗 Memory Care Week Social [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎲 Shout and Score in Bingo! [HAR] 6:00 📺 Evening News and Current Affairs [HAR] 6:00 ⭐ Living Waters Night Performance [HOC-Lobby Cafe]	Medical Appointments (9:00 AM - 4:00 PM) 14 We will not be holding any activities from 9:00 AM to 11:00 AM today due to the distribution of the Covid-19 Booster Shot Clinic to our residents and staff! Mahalo for your understanding. 8:50 🟡 Daily Orientation Board [HAR] 9:00 A 🏠 Covid-19 Vaccination [S-Salon] 9:00 🚶 Morning Fuzion and Fitness Chair Exercise [HAR] 1:00 📖 Short Story: The Disappearance of the Mona Lisa [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎲 Shout and Score in Bingo! [HAR] 6:00 📺 Watch America's Got Talent [HAR]	Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM) 15 8:30 🏠 You've Got Mail: Morning Mail Delivery [CG] 8:50 🟡 Daily Orientation Board [HAR] 9:00 🚶 Walking with the Blue Zones Walking Moai [CG] 10:00 🎵 SingFit Music and Trivia [CG] 1:00 🚗 Road Trip to Pearl City [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎲 Shout and Score in Bingo! [HAR] 6:00 📺 Evening News and Current Affairs [HAR]	8:50 🟡 Daily Orientation Board [HAR] 16 9:00 🚶 Seated Tai Chi [HAR] 10:00 💡 Join the Dots - Lion [HAR] 1:00 🎯 Thanksgiving Scavenger Hunt [HAR] 2:00 🥗 Snacks & Hydration [HAR] 3:00 🎵 Music Therapy: Karaoke with friends [HAR] 6:00 ⭐ Watch Wheel of Fortune [HAR]
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:50 🟡 Daily Orientation Board [HAR] 17</p> <p>9:00 ✝️ Sunday Hymns and Spiritual Songs [HAR]</p> <p>10:00 🚶 Sit and Be Fit Exercise [HAR]</p> <p>1:00 📺 Sunday Movie: Princess Diaries 2 (Hulu) [HAR]</p> <p>2:00 🥗 Snacks and Hydration [HAR]</p> <p>3:00 📖 7 Drawing Activities Series 3 [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 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 🚗 Scenic Drive to Kaneohe [HAR]</p> <p>10:00 🎵 SingFit Music and Trivia [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) 19</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🚶 Seated Exercises (You Tube) [CG]</p> <p>10:00 ⭐ Hagemi-Kai/Chibariyo Performance [HOC-Lobby Cafe]</p> <p>1:00 ❤️ Holiday Sensory Box Inspiration: Let's Wrap Some Box [HAR]</p> <p>2:00 🍴 Tuesday Treats: [HAR]</p> <p>3:00 🦋 Arts and Crafts [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) 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 🚶 Mobility Ball Exercise [HAR]</p> <p>10:00 🎨 Color and Design Suncatcher [HAR]</p> <p>1:00 🎵 SingFit Music and Trivia [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) 21</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🚶 Morning Fuzion and Fitness Chair Exercise [HAR]</p> <p>10:00 🎤 Audience Participation Story: Backstage at an Elvis Presley Concert [HAR]</p> <p>1:00 🏀 Keep The Streak with Balloon Kickball [HAR]</p> <p>2:00 🍴 Judge the Associate Thanksgiving Recipe [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) 22</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 🎵 SingFit Music and Trivia [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] 23</p> <p>9:00 🚶 Seated Tai Chi [HAR]</p> <p>10:00 🎨 Paint and Decorate Pumpkin [HAR]</p> <p>1:00 🟡 Reminisce Thanksgiving [HAR]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>3:00 🎵 Music Therapy: Karaoke with friends [HAR]</p> <p>6:00 ⭐ Watch Wheel of Fortune [HAR]</p>
<p>8:50 🟡 Daily Orientation Board [HAR] 24</p> <p>9:00 ✝️ Sunday Hymns and Spiritual Songs [HAR]</p> <p>10:00 🚶 Sit and Be Fit Exercise [HAR]</p> <p>1:00 📺 Sunday Movie: Bed Time Stories [HAR]</p> <p>2:00 🥗 Snacks and Hydration [HAR]</p> <p>3:00 📖 7 Drawing Activities Series 4 [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 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 🚗 Scenic Drive to Sand Island [HAR]</p> <p>10:00 🎵 SingFit Music and Trivia [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) 26</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🚶 Seated Exercises (You Tube) [CG]</p> <p>10:00 🟡 Scent Guessing [HMD-Main Dining Room]</p> <p>1:00 🎲 Let's Play Ring Toss Game [HAR]</p> <p>2:00 🍴 Tuesday Treats: [HAR]</p> <p>3:00 🦋 Arts and Crafts [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) 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 🚶 Mobility Ball Exercise [HAR]</p> <p>10:00 🦋 Things that are Yellow [HAR]</p> <p>1:00 🎵 SingFit Music and Trivia [HAR]</p> <p>1:00 🎲 Thanksgiving Social (Please Sign-up in the Activity Room) [HKL-Activity Room]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>2:00 🎲 Thanksgiving Social (Please Sign-up in the Activity Room) [HKL-Activity Room]</p> <p>3:00 🎲 Shout and Score in Bingo! [HAR]</p> <p>3:00 🎲 Thanksgiving Social (Please Sign-up in the Activity Room) [HKL-Activity Room]</p> <p>6:00 📺 Evening News and Current Affairs [HAR]</p>	<p>Happy Thanksgiving Medical Appointments (9:00 AM - 4:00 PM) 28</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🚶 Morning Fuzion and Fitness Chair Exercise [HAR]</p> <p>10:00 📖 Short Story: Cairo the Military Dog [HAR]</p> <p>1:00 ❤️ Calm Creations Massage [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) 29</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 🎵 SingFit Music and Trivia [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] 30</p> <p>9:00 🚶 Seated Tai Chi [HAR]</p> <p>10:00 🏠 Gardening- Outdoor Pastime [CG]</p> <p>1:00 🎲 Halloween Dice Game [HAR]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>3:00 🎵 Music Therapy: Karaoke with friends [HAR]</p> <p>5:00 🌲 Kapolei Christmas Parade [HOC-Lobby Cafe]</p> <p>6:00 ⭐ Watch Wheel of Fortune [HAR]</p>

