


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 🎲 Sunday Funday: Shout BINGO! [HAR]</p> <p>2:00 🥗 Snacks and Hydration [HAR]</p> <p>3:00 📖 7 Drawing Activities Series 5 [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 2</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 Waikiki [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) 3</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🚶 Seated Exercises (You Tube) [HAR]</p> <p>10:00 🎵 Listen to Christmas Songs [HAR]</p> <p>1:00 🌲 Decorate Your Christmas Tree [HAR]</p> <p>2:00 🍌 Tuesday Treats: Banana Dip with Chocolate [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) 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 🎵 Listen to Christmas Songs [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 🎭 The W-O-W and The Na Wahine Na'auao Christmas Performance [HOC-Lobby Cafe]</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 🧝 Finding Elf [HAR]</p> <p>1:00 🥞 Color Velveteen : Ginger Bread [HAR]</p> <p>2:00 🍷 Thirsty Thursday : Hot Cocoa [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 🎵 SingFit Music and Trivia [CG]</p> <p>1:00 🚗 Road Trip to Royal Kunia [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 🏠 Gardening- Outdoor Pastime [CG]</p> <p>1:00 🎯 Balloon Volleyball with Friends [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] 8</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 Funday: Shout BINGO! [HAR]</p> <p>2:00 🥗 Snacks and Hydration [HAR]</p> <p>3:00 📖 7 Drawing Activities Series 6 [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 9</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 ⭐ Na Leo Manu O'o Performance [HOC-Lobby Cafe]</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) 10</p> <p>8:50 🟡 Daily Orientation Board [HAR]</p> <p>9:00 🚶 Seated Exercises (You Tube) [CG]</p> <p>10:00 🎵 Christmas Sing Along [HAR]</p> <p>10:00 ⭐ Roy and Ron Morning Performance [HOC-Lobby Cafe]</p> <p>1:00 🦋 Arts and Crafts: Snow Globe Ornaments Part 1 [HAR]</p> <p>2:00 🍌 Tuesday Treats: Peppermint Cookies [HAR]</p> <p>3:00 🦋 Arts and Craft : Snow Globe Ornament Part 2 [HAR]</p> <p>3:00 🎵 Ukulele and Singalong Class with Carole [HKL-Activity Room]</p> <p>5:30 🚗 Trip to Honolulu City Lights [HOC-Lobby Cafe]</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 🎲 Puzzle with Friends [HAR]</p> <p>1:00 🦋 Christmas Card Making [HAR]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>3:00 ⭐ Little Miss Reindeer Christmas Performance from IPA Elementary Choir [KHL-Lobby Lanai]</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 🎵 Listen to Christmas Songs [HAR]</p> <p>1:00 🍌 Lets Make Hot Fudge Brownie with MM [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) 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 🎵 SingFit Music and Trivia [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 🎨 Christmas Coloring [HAR]</p> <p>1:00 🎯 Table Bowling Game [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] 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 🎲 Sunday Funday: Shout BINGO! [HAR]</p> <p>2:00 🥗 Snacks and Hydration [HAR]</p> <p>3:00 📖 7 Drawing Activities Series 7 [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 Makaha Tower [HAR]</p> <p>10:00 🎵 SingFit Music and Trivia [HAR]</p> <p>10:00 ⭐ The Children's House Christmas Performance (Please bring a jacket) [KHL-Lobby Lanai]</p> <p>1:00 🎬 Christmas Movie Monday: Miracle on 34th Street [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 (You Tube) [CG]</p> <p>10:00 🦋 Name the Bird Visual Quiz [HAR]</p> <p>1:00 🦋 Christmas Beaded Bracelet Making [HAR]</p> <p>2:00 🍌 Tuesday Treats: Fruit Cake [HAR]</p> <p>3:00 🎲 Shout BINGO! [HAR]</p> <p>3:00 🎵 Ukulele and Singalong Class with Carole [HKL-Activity Room]</p> <p>5:30 🚗 Trip to Honolulu City Lights [HOC-Lobby Cafe]</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 🎨 Wood Art Coloring [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>6:00 ✝️ Living Waters Music Performance [HOC-Lobby Cafe]</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 ⭐ Island Pacific Academy Performance (Kumu Bobo) [HOC-Lobby Cafe]</p> <p>10:00 🦋 Word Puzzle : Christmas Edition [HAR]</p> <p>1:00 🎯 Keep The Streak with Balloon Kickball [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 ⭐ Na Wahine O Ka Hula Performance (In-Person) [HKL-Activity Room]</p> <p>10:00 🎵 SingFit Music and Trivia [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] 21</p> <p>9:00 🚶 Seated Tai Chi [HAR]</p> <p>10:00 🏠 Gardening- Outdoor Pastime [CG]</p> <p>1:00 🦋 Christmas Alphabet [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>

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 🧠 Name the Body Parts [HAR]</p> <p>1:00 🎲 Sunday Funday: Shout BINGO! [HAR]</p> <p>2:00 🥗 Snacks and Hydration [HAR]</p> <p>3:00 ➡️ Afternoon Exercise : Sit and Be Fit Exercise [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 23</p> <p>Wacky Whirlwind: Unleash Your Imagination with Crazy Hair or Hats!</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 ⭐ Christmas Caroling with Divine Power and Truth Ministries [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>CHRISTMAS EVE!</p> <p>Deck Yourself Out: Celebrating with Your Favorite Christmas Characters</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 (You Tube) [CG]</p> <p>10:00 📍 Christmas Alphabet [HAR]</p> <p>1:00 🎄 A Christmas Party Walkthrough Yule Love [HKL-Activity Room]</p> <p>1:00 🎮 Throwback Tuesday : Polar Express (DISNEY+) [HAR]</p> <p>2:00 🎄 A Christmas Party Walkthrough Yule Love [HKL-Activity Room]</p> <p>2:00 🍰 Tuesday Treats: Milk and Cookies [HAR]</p> <p>3:00 🎄 A Christmas Party Walkthrough Yule Love [HKL-Activity Room]</p> <p>3:00 🎵 Christmas Sing Along [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Jingle all the Way: Rock Your Holiday Style! 25</p> <p>MERRY CHRISTMAS!</p> <p>Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 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 A 🎄 Residents Secret Santa Gift Exchange with Santa! [HOC-Lobby Cafe]</p> <p>10:00 🏠 Morning Sing Along in the Garden [CG]</p> <p>1:00 📍 A Lookback at Christmas Through the Years! [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>Snuggle Up in Style: Cozy Christmas Vibes Only!</p> <p>8:50 📍 Daily Orientation Board [HAR]</p> <p>9:00 ➡️ Morning Fuzion and Fitness Chair Exercise [HAR]</p> <p>10:00 🎨 Color By Numbers - Christmas Presents [HAR]</p> <p>1:00 🎵 SingFit Music and Trivia [HAR]</p> <p>2:00 🥗 Snacks & Hydration [HAR]</p> <p>3:00 📖 Read-Aloud Audience Participation: Going to the Chapel [HAR]</p> <p>6:00 📺 Watch America's Got Talent [HAR]</p>	<p>Festive Flair: Embrace the Season in Red and Green! 27</p> <p>Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 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 ➡️ Walking with the Blue Zones Walking Moai [CG]</p> <p>10:00 🎵 SingFit Music and Trivia [CG]</p> <p>1:00 🚗 Road Trip to Ko'Olina [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 🧠 Spot The Differences - Mechanic [HAR]</p> <p>1:00 📖 The Story of Saint Nicholas [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] 29</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 Funday: Shout BINGO! [HAR]</p> <p>2:00 🥗 Snacks and Hydration [HAR]</p> <p>3:00 🎲 Word Search and Puzzle [HKL-Activity 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 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) 31</p> <p>8:50 📍 Daily Orientation Board [HAR]</p> <p>9:00 ➡️ Seated Exercises (You Tube) [CG]</p> <p>10:00 🎲 Lets Play JENGA! [HAR]</p> <p>1:00 🎲 New Year Bingo Tournament Part 1 [HAR]</p> <p>2:00 🥗 Snack and Hydration [HAR]</p> <p>3:00 🎲 New Year Bingo Tournament Part 2 [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p> <p>6:30 🎲 New Year's Ball Drop & Entertainment with Dean Hirata, Roy, Ron and Brad! [HOC-Lobby Cafe]</p>	 <p>Ilima AT LEIHANO</p> <hr/> <p>THE ART OF LIVING WELLSM</p>			<p>739 Leihano Street Kapolei, Hawaii 96707 808-674-8022</p>	

