

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



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

- After Dinner Program
- Beaded and Leis
- Board, Card Games, and Table Games
- Brain Games/Sensory Games
- Creativity Corner
- Culture Travel
- Educational
- Entertainment
- Fitness
- Food Demo
- Hydration

- Indoor Games
- Interactive Chats
- Meditation
- Movie
- Music
- National Day
- Outdoor Activities
- Outings
- Painting/Coloring
- Spiritual Wellness

- 8:00 Daily Orientation Board [HAR] **1**
- 8:10 Seated Ball Exercises (You Tube) [HAR]
- 9:00 **Pet Therapy with Brady [HAR]**
- 10:00 National Read Aloud: Pig Day & Crafting [HAR]
- 1:00 Group Learning Flash Cards [HAR]
- 2:00 Afternoon Snacks and Hand Massage Meditation [HAR]
- 3:00 Shout and Score in Bingo! [HAR]
- 6:00 Watch Wheel of Fortune [HAR]

- Read Across America Day! 2**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Sunday Hymns and Spiritual Songs [HAR]
- 9:00 Seated Exercises (You Tube) [HAR]
- 10:00 **Strike Bowling [HAR]**
- 1:00 Watch A Movie (Youtube) [HAR]
- 2:00 Afternoon Snacks and Board Games [HAR]
- 3:00 Coloring Activities [HAR]
- 6:00 Watch America's Got Talent [HAR]

- Happy Girls Day! Wear Pink and Floral 3**
- Medical Appointments (9:00 AM - 4:00 PM)**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Seated Movement Exercises [HAR]
- 9:00 **Scenic Drive to Makakilo [HAR]**
- 10:00 Coloring for Seniors - Couple Watching Sunset [HAR]
- 1:00 Afternoon Exercise: Fit and Fun [HAR]
- 2:00 Afternoon Snacks & Drinks, Flash Card Games [HAR]
- 3:00 Balloon Volley Ball With Pool Noodles [HAR]
- 6:00 Evening News and Current Affairs [HAR]

- Happy Madi Gras! Wear your favorite Green, Yellow, and Purple! 4**
- Medical Appointments (9:00 AM - 4:00 PM)**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Seated Exercises (You Tube) [HAR]
- 9:00 Get the Highest Score in the Game of Cornhole [HAR]
- 10:00 **Building With Blocks [HAR]**
- 1:00 Fun Painting With Colors [HAR]
- 2:00 Snacks & Hydration, Sensory Games [HAR]
- 3:00 Shout & Score Bingo [HAR]
- 6:00 Watch America's Got Talent [HAR]

- Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM) 5**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Mobility Ball Exercise [HAR]
- 9:00 Virtual Beach Day & Crafts [HAR]
- 10:00 Group Flash Cards & Learning [HAR]
- 1:00 Ocean Theme Painting [HAR]
- 2:00 Refresh, Recharge and Drawing [HAR]
- 3:00 **Hand Massage Meditation [HAR]**
- 6:00 Evening News and Current Affairs [HAR]

- Medical Appointments (9:00 AM - 4:00 PM) 6**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Morning Fuzion and Fitness Chair Exercise [HAR]
- 9:00 National Oreo Day Read Aloud, Taste A Oreo Cookie [HAR]
- 10:00 Put The Puzzle Pieces Together [HAR]
- 1:00 Connect 4 Games In Groups [HAR]
- 2:00 Treats, Treat and Card Games [HAR]
- 3:00 **Matt Barbers Performance [HOC-Lobby Cafe]**
- 3:00 Shout & Score Bingo [HAR]
- 6:00 Watch America's Got Talent [HAR]

- Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM) 7**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Seated Ball Exercises [CG]
- 9:00 Fidget Sensory Games Beat The Clock [CG]
- 10:00 Aim and Shoot Bucket Ball Toss [HAR]
- 1:00 Road Trip to Patsy Mink [HAR]
- 2:00 Snacks, Sips, Color By Numbers [HAR]
- 3:00 Reminisce / Discuss Friendship [HAR]
- 6:00 Evening News and Current Affairs [HAR]
- 6:00 **Na Wahine Na 'Aoau Performance [HOC-Lobby Cafe]**

- Happy International Women's Day! 8**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Seated Morning Exercises [HAR]
- 9:00 Pet Therapy with Brady [HAR]
- 10:00 **Butterfly Trivia & Answer, Crafts [HAR]**
- 1:00 Building With Blocks [HAR]
- 2:00 Afternoon Treats and Get the Highest Score in Bean Bag Toss [HAR]
- 3:00 Hand Spa Meditation [HAR]
- 6:00 Watch Wheel of Fortune [HAR]

- 8:00 Daily Orientation Board [HAR] **9**
- 8:15 **Sunday Hymns and Spiritual Songs [HAR]**
- 9:00 Seated Ball Exercises [HAR]
- 10:00 Fit The Puzzle & Table Games [HAR]
- 1:00 Afternoon Exercises [HAR]
- 2:00 Snacks & Hydration, Coloring [HAR]
- 3:00 Fidget Sensory Games Beat The Clock [HAR]
- 6:00 Watch America's Got Talent [HAR]

- Medical Appointments (9:00 AM - 4:00 PM) 10**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Morning Stretches & Exercises [HAR]
- 9:00 **Scenic Drive to Ewa Beach [HAR]**
- 10:00 Word Search and Puzzle [HAR]
- 1:00 Group Building With Blocks [HAR]
- 2:00 Afternoon Snacks and Flash Card Games [HAR]
- 3:00 Balloon Volleyball With Pool Noodles [HAR]
- 6:00 Evening News and Current Affairs [HAR]

- Medical Appointments (9:00 AM - 4:00 PM) 11**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Seated Exercises (You Tube) [HAR]
- 9:00 Building With Blocks [HAR]
- 10:00 Famous Dogs Who Am I? Dog Craft/Paintings [HAR]
- 10:00 **Ron, Brad and Pete Performance [HOC-Lobby Cafe]**
- 1:00 Let's Make Candy Lei [HAR]
- 2:00 Snacks, Hydration and Connect the Dots [HAR]
- 3:00 Strike Bowling [HAR]
- 6:00 Watch America's Got Talent [HAR]

- Shopping and Errands Day (Foodland, Costco, & Target 8:30 AM-12:30 PM) 12**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Mobility Ball Exercise [HAR]
- 9:00 **Walk In The Garden, National Plant a Flower Day**
- 10:00 Flower Painting [HAR]
- 1:00 Building With Blocks [HAR]
- 2:00 Refresh, Recharge and Flashcards Learning [HAR]
- 3:00 Hand Massage Meditation [HAR]
- 6:00 Evening News and Current Affairs [HAR]

- Medical Appointments (9:00 AM - 4:00 PM) 13**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Morning Fuzion and Fitness Chair Exercise [HAR]
- 9:00 **Reminiscing Who Am I Disney, Coloring [HAR]**
- 10:00 SingFit Music and Trivia [HAR]
- 1:00 Octopus Game [HAR]
- 2:00 Snacks & Hydration, Sensory Activities [HAR]
- 3:00 Shout & Score Bingo [HAR]
- 6:00 Watch America's Got Talent [HAR]

- PI Day Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM) 14**
- 8:00 Daily Orientation Board [HAR]
- 8:15 Seated Ball Exercises [CG]
- 9:00 **Guess What's In The Box Game [CG]**
- 10:00 Canvas Painting [HAR]
- 1:00 Road Trip to Royal Kunia [HAR]
- 2:00 Treats & Hydration, Fit The Pieces To The Puzzles [HAR]
- 3:00 Hand Massage Meditation [HAR]
- 6:00 Evening News and Current Affairs [HAR]

- 8:00 Daily Orientation Board [HAR] **15**
- 8:15 Seated Tai Chi [HAR]
- 9:00 Pet Therapy with Brady [HAR]
- 10:00 **Design A Lady/Dancing Silhouettes [HAR]**
- 1:00 Armchair Travel to Colombia [HAR]
- 2:00 Afternoon Treats and Coloring Different Images [HAR]
- 3:00 Shout and Score in Bingo! [HAR]
- 6:00 Watch Wheel of Fortune [HAR]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 🟡 Daily Orientation Board [HAR] 16</p> <p>8:15 ✝️ Sunday Hymns and Spiritual Songs [HAR]</p> <p>9:00 🔄 Seated Ball Exercises [HAR]</p> <p>10:00 ⚡ Beat The Clock (Fidget Sensory Games) [HAR]</p> <p>1:00 🎯 Balloon Volleyball Game [HAR]</p> <p>2:00 🍽️ Afternoon Snacks & Drinks, Puzzle Games [HAR]</p> <p>3:00 🗣️ Shout & Score Bingo [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 17</p> <p>St. Patrick's Day! Wear Green/Shamrocks</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Seated Exercises (You Tube) [HAR]</p> <p>9:00 🚗 Scenic Drive to Barbers Point [HAR]</p> <p>10:00 ⭐ Na Leo Manu O'o Performance [HKL-Activity Room]</p> <p>10:00 🎨 St. Patrick's Day Coloring [HAR]</p> <p>1:00 🎯 Strike Bowling [HAR]</p> <p>2:00 🍽️ Afternoon Snacks & Hydration, Flash Cards [HAR]</p> <p>3:00 ❤️ Hand Massage Meditation [HAR]</p> <p>6:00 📰 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 18</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Seated Tai Chi [CG]</p> <p>9:00 🎵 SingFit Music and Trivia [HAR]</p> <p>10:00 🦋 Paper Animal Craft [HAR]</p> <p>1:00 🎯 Bucket Ball Toss [HAR]</p> <p>2:00 🍽️ Snacks, Drink and Design/Paint Your Own Flower [HAR]</p> <p>3:00 ⚡ Rainbow Sensory [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) 19</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Mobility Ball Exercise [HAR]</p> <p>9:00 🔄 Walking In The Garden [CG]</p> <p>10:00 ❤️ Let's Enjoy Cloud Gazing [CG]</p> <p>1:00 🎨 Paper Plate Cloud Craft [HAR]</p> <p>2:00 🍽️ Refresh, Recharge and Building With Blocks [HAR]</p> <p>3:00 🎯 Strike Bowling [HAR]</p> <p>6:00 📰 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 20</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Morning Fuzion and Fitness Chair Exercise [HAR]</p> <p>9:00 📖 Read About World Frog Day and Crafts [HAR]</p> <p>10:00 🎵 SingFit Music and Trivia [HAR]</p> <p>1:00 ⚡ Let's Put the Pieces Of Puzzles [HAR]</p> <p>2:00 🍽️ Treats, Treat and Card Games [HAR]</p> <p>3:00 ⚡ Connect The Dots & Coloring [HAR]</p> <p>6:00 📺 Watch America's Got Talent [HAR]</p>	<p>Shopping and Errands Day (Longs, Safeway, & Walmart 10 AM-2 PM) 21</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Seated Ball Workout Exercises [CG]</p> <p>9:00 🎵 Pass the Ball Stop the Music [CG]</p> <p>10:00 🦋 Rainbow Paper Plate Craft [CG]</p> <p>1:00 🚗 Road Trip to Ko'Olina [HAR]</p> <p>2:00 🍽️ Snacks, Sips and Flash Cards [HAR]</p> <p>3:00 🗣️ Shout & Score Bingo [HAR]</p> <p>6:00 📰 Evening News and Current Affairs [HAR]</p>	<p>8:00 🟡 Daily Orientation Board [HAR] 22</p> <p>8:15 🔄 Seated Tai Chi [HAR]</p> <p>9:00 🐾 Pet Therapy with Brady [HAR]</p> <p>10:00 🎵 SingFit Music and Trivia [HAR]</p> <p>1:00 🦋 Beaded Pipe Cleaner Butterfly [HAR]</p> <p>2:00 🍽️ Hand Meditation with Refreshments [HAR]</p> <p>3:00 🗣️ Shout and Score in Bingo! [HAR]</p> <p>6:00 ⭐ Watch Wheel of Fortune [HAR]</p>
<p>8:00 🟡 Daily Orientation Board [HAR] 23</p> <p>8:15 ✝️ Sunday Hymns and Spiritual Songs [HAR]</p> <p>9:00 🔄 Seated Ball Exercises [HAR]</p> <p>10:00 🎯 Bucket Ball Toss [HAR]</p> <p>1:00 📖 National Puppy Day Read Aloud & Coloring [HAR]</p> <p>2:00 🍽️ Afternoon Snacks & Drinks, Fidget Sensory Games [HAR]</p> <p>3:00 ⚡ Building With Blocks [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 24</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Seated Exercises (You Tube) [HAR]</p> <p>9:00 🚗 Scenic Drive to Makaha Tower [HAR]</p> <p>10:00 ⚡ Word Search & Flash Cards [HAR]</p> <p>1:00 🎨 Ceramic Painting Creation [HAR]</p> <p>2:00 🍽️ Afternoon Snacks and Dice Game [HAR]</p> <p>3:00 🔄 Afternoon Exercises [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) 25</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Seated Exercises (You Tube) [CG]</p> <p>9:00 🔄 Walking In The Garden [CG]</p> <p>10:00 🦋 Butterflies with Flowers Coloring [HAR]</p> <p>1:00 🦋 Playdough Making [HAR]</p> <p>2:00 🍽️ Hydration, Snacks and Word Scramble Games [HAR]</p> <p>3:00 🗣️ Shout & Score Bingo [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) 26</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Mobility Ball Exercise [HAR]</p> <p>9:00 🦋 Lady Bug Arts and Craft [HAR]</p> <p>10:00 📖 Read-Aloud: Audience Participation Story #2 [HAR]</p> <p>1:00 🎯 Aim and Shoot Bucketball Toss [HAR]</p> <p>2:00 🍽️ Refresh, Recharge and Coloring [HAR]</p> <p>3:00 ❤️ Hand Massage Meditation [HAR]</p> <p>6:00 📰 Evening News and Current Affairs [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 27</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Morning Fuzion and Fitness Chair Exercise [HAR]</p> <p>9:00 🎵 SingFit Music and Trivia [HAR]</p> <p>10:00 🟡 Zoom In Guessing Game #3 [HAR]</p> <p>1:00 ⚡ Spot The Difference [HAR]</p> <p>2:00 🍽️ Treats, Treat and Card Games [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) 28</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Seated Morning Exercises [CG]</p> <p>9:00 🎯 Balloon Volleyball Game [CG]</p> <p>10:00 ⚡ Pool Noodle Fishing Activity [HAR]</p> <p>1:00 🚗 Road Trip to Ewa Beach [HAR]</p> <p>2:00 🍽️ Snacks, Sips and Bumble Bee Craft [HAR]</p> <p>3:00 🌐 Learn about Flags of the World [HAR]</p> <p>6:00 📰 Evening News and Current Affairs [HAR]</p>	<p>8:00 🟡 Daily Orientation Board [HAR] 29</p> <p>8:15 🔄 Seated Tai Chi [HAR]</p> <p>9:00 🐾 Pet Therapy with Brady [HAR]</p> <p>10:00 🎨 Flower Arts and Crafts [HAR]</p> <p>1:00 🎯 Get the Highest Score in the Game of Cornhole [HAR]</p> <p>2:00 🍽️ Afternoon Refreshments with Coloring Activities [HAR]</p> <p>3:00 🗣️ Shout and Score in Bingo! [HAR]</p> <p>6:00 ⭐ Watch Wheel of Fortune [HAR]</p>
<p>8:00 🟡 Daily Orientation Board [HAR] 30</p> <p>8:15 ✝️ Sunday Hymns and Spiritual Songs [HAR]</p> <p>9:00 🔄 Seated Ball Exercises [HAR]</p> <p>10:00 ⚡ Building With Blocks [HAR]</p> <p>1:00 ⚡ Sensory Buttons Sorting [HAR]</p> <p>2:00 🍽️ Afternoon Snacks and Coloring [HAR]</p> <p>3:00 🗣️ Shout and Score in Bingo! [HAR]</p> <p>6:00 ⭐ Watch America's Got Talent [HAR]</p>	<p>Medical Appointments (9:00 AM - 4:00 PM) 31</p> <p>8:00 🟡 Daily Orientation Board [HAR]</p> <p>8:15 🔄 Morning Exercises [CG]</p> <p>9:00 🚗 Scenic Drive to Waipahu/Waikole [HAR]</p> <p>10:00 ⚡ Word Search Puzzles [HAR]</p> <p>1:00 📖 National Crayon Day (Read Aloud) [HAR]</p> <p>2:00 🍽️ Hydration and Snacks [HAR]</p> <p>3:00 🎨 Crayon Crafts [HAR]</p> <p>6:00 📰 Evening News and Current Affairs [HAR]</p>					