

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SEPTEMBER 2023

Holistic Harbors

9 AM - Coffee Chat 9:30 AM - Worship Service - Christ Church 12 PM - Table Talk 1:30 PM - Room Visits 4 PM - Brain Games	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Manicures & Music 12 PM - Finish the Phrase 1:30 pm - Title Music Bingo 2:30 pm - Ladder Toss 3:30 PM - Puzzles	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11AM - Baking w/Morgan 12 PM - Round Table Discussion 1:30 PM - Monogram Craft 2:30 PM - Cards 3:30 PM - Cornhole	9:30 AM - Morning Walk 10:00 AM - Coffee Chat & Cranium Crunches 10:30 AM - Bible Study 11 AM - Drumming w/Morgan 12 PM - Round Table Discussion 1:30 PM - Trip to the Park 3:30 PM - Sorting & Organizing	9 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Exercise with Tammy 12:00 PM - Round Table Discussion 1:30 PM - Ready, Steady, Roll 2:30 PM - Washers 3:30 PM - Puzzles	9:30 AM - Men's Coffee & Donuts 10 AM - Coffee Chat & Cranium Crunches 11 AM - Joggin Your Noggin 12 PM - Round Table Discussion 1:30 PM - Beach Volleyball 2:00 - Music by Chris 3:30 PM - Hangman	9 AM - Coffee Chat 10 AM - Morning Walk 11 AM - Cards 12 PM - Name That Tune 1:30 PM - Table Top Games 6:30 PM - Movie & Snack
9 AM - Coffee Chat 9:30 AM - Worship Service Christ Church 12 PM - Sit & Stretch 1:30 PM - Cranium Crunches / Word Puzzles 4 PM - Brain Games Grandparents Day	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Manicures & Music 12 PM - Hawaiian Music and Reminiscing 1:30 PM - Exercise Bingo 2:30 PM - Brain Teasers 3:30 PM - Puzzles	9 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Craft - Hawaiian Painting 12 PM - Round Table Discussion 1:30 PM - Kainoa Girls 2:30 PM - Let's Make Milkshakes 3:30 PM - Table Top Games	9:30 AM - Morning Walk 10:00 AM - Coffee Chat & Cranium Crunches 10:30 - Bible Study 11 AM - Drumming w/ Morgan 1:30 PM - Birthday Celebration - Janet 3:30 PM - Worship Service	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Exercise with Tammy 12 PM - Word Searches 1:30 PM - Ready, Steady, Roll 2:30 PM - Kona Snow Cone Truck Rosh Hashanah Begins	9:30 AM Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Table Top Games 12 PM - Trivia 1:30 PM - Birthday Celebration - John 2:30 PM - Target Practice 3:30 PM - Cornhole Oktoberfest Begins	9 AM - Coffee Chat 10 AM - Morning Walk 11 AM - Table Top Games 12 PM - Word Search 1:30 PM - Patio Chat
9 AM - Coffee Chat 9:30 AM - Worship Service - Christ Church AL Act Rm 12 PM - Sit & Stretch 4 PM - Brain Games	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium 11 AM - Manicures & Music 12 PM - Short Stories 1:30 PM - Picture Bingo 2:30 PM - Ladder Toss 3:30 PM - Puzzle	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 10:30 AM - Catholic Mass 11 AM - Craft - Painting 12 PM - Balloon Toss 1:30 PM - Cards - Picture Coasters 2:30 PM - Cooking with Jeanette - Pigs in a Blanket 3:30 PM - Table Top Game	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 10:30 AM - Bible Study 11 AM - Cardio Drumming 12 PM - Round Table Discussion 1:30 PM - Scenic Drive 3:30 PM - Adult Coloring	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Exercise w/ Tammy 12 PM - Finish the Phrase 1:30 PM - Ready, Steady, Roll 2:30 PM - Chair Volleyball 3:30 PM - Finish the Phrase	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Table Top Games 12 PM - Noodle Ball 1:30 PM - Puzzles 2:30 PM - Fitness Dice 3:30 PM - Skee Ball	9 AM - Coffee Chat 10 AM - Morning Walk 11 AM - Pet Therapy 12 PM - Craft 1:30 PM - Ring Toss Autumn Begins
9 AM - Coffee Chat 9:30 AM - Worship Service - Christ Church 12 PM - Sit & Stretch 1:30 PM - Brain Games Yom Kippur	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Manicures & Music 12 PM - Memory Game 1:30 PM - Men's Pool 2:30 PM - Brain Teasers 3:30 PM - Puzzle	9:30 AM - Morning Walk 10 AM - Cranium Crunches 11 AM - Baking w/Morgan 12 PM - Round Table Discussion 1:30 PM - Canvas Painting 2:30 PM - Apple Cider Social 3:30 PM - Table Top Games	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 10:30 AM - Bible Study 11:00 AM - Cardio Drumming 12 PM - Round Table Discussion 1:30 PM - Scenic Drive 3:30 PM - Worship Service	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Exercise with Tammy 12 PM - Noodle Ball 1:30 PM - Ready, Steady, Roll 2:30 PM - Table Top Games 3:30 PM - Putt Putt Golf	9:30 AM - Morning Walk 10 AM - Coffee Chat & Cranium Crunches 11 AM - Table Top Games 12 PM - Noodle Ball 1:30 PM - Puzzles 2:30 PM - Washers 3:30 PM - Hangman	9 AM - Coffee Chat 10 AM - Morning Walk 11 AM - Cards 12 PM - Craft 1:30 PM - Ring Toss