

| Sunday                                                                                                                                                                                                                                                                                                   | Monday                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                                                                                                           | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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|                                                                                                                                                                                                                         | <b>National Assisted Living Week Celebration!</b><br><b>September 13-19, 2026</b>                                                                                                                                                                                            | 8:30 Morning Walk 1<br>9: 00 Stretch Exercise-DVD<br>10:00 ☆ Hula Noho<br>1:30 Blackjack Kolea Lounge<br><b>1:30 Live Music Ted Pabo</b><br>2:30 ☆ Self-Directed Games<br>3:00 ☆ Bible Study w/Pastor Olaf                                                                            | 8:30 Morning Walk 2<br>9:00 Seated Drum to Be Fit<br>10:00 ☆ <br><b>1:00 Shopping Walmart</b><br>2:30 ☆ Hand Therapy<br>☆ Sing Along<br>3:00                                                                                    | 8:30 Morning Walk 3<br>9:00 Sittercise CD<br>9:30-10:00 Communion<br><b>10:00 Newcomers Meeting</b><br>1:00 Shopping Longs<br>1:30 Poker- Kolea Lounge<br><b>2:30 Island Scenic Drive</b><br>3:00 Self Directed Games<br><b>5:00 Thursday Night Movie</b>                                   | 8:30 Morning Walk 4<br>9:00 Stretch Exercises-YouTube Cherry Blossoms<br><b>10:00 Wellness w/Sharon</b><br>11:00 <i>Activities Staff Meeting</i><br>1:30 <br><b>2:30 Karaoke Practice/Talent Show</b><br>2:30 Island Scenic Drive<br>3:30 YouTube Life Skills | 9:00 Strength Exercise dvd 5<br>10:00 Kupuna <br>1:30 Afternoon Movie<br>“A Place Called Home”<br><i>Man loses wife during birth of their child.</i><br>YouTube 1:43:14<br> Sharon V.  Laurie D. |
| 9:00Televised Church Services 6<br>10:00 Self-Directed Games<br>1:30 Afternoon Movie<br>“A Reason to Believe”<br><i>Inspired by actual events.</i><br>YouTube 1:50:26                                                                                                                                    | 8:30 Morning Walk 7<br>9:00 ☆ Chair Dancing Fitness Around the World<br><b>10:00 Self-Improvement Class/Discussion</b><br>1:30 ☆ <br>3:00 ☆ Self-Directed Games<br><small>Labor Day</small> | 8:30 Morning Walk 8<br>9: 00 Stretch Exercise-DVD<br>10:00 Hula Noho<br><b>1:30 Mini Pig in the Blankets &amp; Chocolate Shake</b><br>1:30 Blackjack Kolea Lounge<br>2:30 ☆ YouTube-Life Skills<br>3:00 Bible Study w/ Pastor Olaf                                                    | 8:30 Morning Walk 9<br>9:00 Seated Tai Chi Live!<br>10:00 ☆ <br>1:00 Self-Directed Games<br>YouTube Lifeskills<br>3:00 ☆                                                                                                        | 8:30 Morning Walk 10<br>9:00 Sittercise CD<br>9:30-10:00 Communion<br><b>10:00 Collage Detective</b><br>1:30 Poker-Kolea Lounge<br>3:00 Self-Directed Games<br> Frances M.                               | 8:30 Morning Walk 11<br>9:00 Stretch Exercises-YouTube Cherry Blossoms<br><b>10:00 Ukulele &amp; Sing Along</b><br>1:30 <br><b>2:30 Karaoke Practice/Talent Show</b><br>3:00 Self-Directed Games<br><small>Rosh Hashanah Begins</small>                       | 9:00 Strength Exercise DVD 12<br>10:00 ☆ Directed Games<br>1:30 Afternoon Movie<br>“The Switch Up”<br>YouTube 1:23:19                                                                                                                                                                                                                                                                                                                                     |
| 9:00 Televised Church Services 13<br><b>10:00 National Assisted Living Week, Welcome Social, Crowning of the honorary King &amp; Queen.</b><br>1:30 Afternoon Movie<br>“A Sunday Horse”<br><i>Inspired by a true story</i><br>YouTube 1:44:57<br>6:00 Ballet w/David<br><small>Yom Kippur Begins</small> | 8:30 Morning Walk 14<br>9:00 ☆ Chair Dancing Fitness Around the World<br><b>10:00 A Stroll Through Memory Lane &amp; Live Music</b><br>1:30 ☆ <br>3:00 Self-Directed Games                | 8:30 Morning Walk 15<br>9: 00 Stretch Exercise-DVD<br><b>10:00 Kauai Community Partners</b><br>1:30 Blackjack & Poker<br><b>1:30 Centenarian Recognition &amp; Paraluman Dance Group</b><br>2:30 YouTube-Lifeskills<br>3:00 Bible Study w/Pastor Olaf<br><small>Autumn Begins</small> | 8:30 Morning Walk 16<br>9:00 Seated Drum to Be Fit<br>10:00 ☆ <br><b>1:30 Residents and Staff Talent Show-Activity Room</b><br>3:00 ☆                                                                                         | 8:30 Morning Walk 17<br>9:00 Sittercise CD<br>9:30-10:00 Communion<br>10:00 `Ukulele & Sing-Along<br><b>1:30 Shining Through the Years-Community Appreciation Day</b><br>2:30 Happy Hour w/Ron Toki<br><b>5:15-6:30 Alzheimer's SG</b>                                                      | 8:30 Morning Walk 18<br>9:00 Stretch Exercises-YouTube Cherry Blossoms<br><b>10:00 Live Music w/Kimo &amp; Ned</b><br>1:30 <br>2:30 Buddhist Service w/Rev. Hojo<br><small>Oktoberfest Begins</small>                                                       | 9:00 Strength Exercise DVD 19<br>10:00 ☆ Self-Directed Games<br>1:30 Afternoon Movie<br>“A Mother’s Love”<br><i>How to Lead</i><br>YouTube 1:38:06<br><small>Oktoberfest Begins</small>                                                                                                                                                                                                                                                                   |
| 9:00 Televised Church Services 20<br>10:00 Self-Directed Games<br>1:30 Afternoon Movie<br>“An Angel on Your Team”<br>YouTube 1:23:56<br><small>Yom Kippur Begins</small>                                                                                                                                 | 8:30 Morning Walk 21<br>9:00 ☆ Chair Dancing Fitness Around the World<br>10:00 <br><b>1:30 ☆ Employee Meeting</b><br>Challenging Behaviors Mandatory<br>3:00 ☆ Self-Directed Games        | 8:30 Morning Walk 22<br>9: 00 Stretch Exercise-DVD<br>10:00 Hula Noho w/Jen<br><b>1:30 Puzzle &amp; Prize</b><br>1:30 Blackjack-Laurie Kolea Lounge<br>3:00 Bible Study w/Pastor Olaf<br><b>5-6:30 Parkinson's SG</b><br><small>Autumn Begins</small>                                 | 8:30 Morning Walk 23<br>9:00 Seated Tai Chi Live!<br>10:00 ☆ <br>1:30 <br>3:00 ☆ Self-Directed Games<br>YouTube Lifeskills<br> Gina P. | 8:30 Morning Walk 24<br>9:00 <b>Resident Meeting</b><br>9:30-10:00 Communion<br>10:00 <br>1:00 YouTube Lifeskills<br>Self-Directed Games<br>1:30 Poker Kyle/Keli`I<br><b>2:30 Kitchen Talk w/Riley</b> | 8:30 Morning Walk 25<br>9:00 Stretch Exercises-YouTube Cherry Blossoms<br>10:00 ☆ `Ukulele & Sing Along<br><b>1:30 English-Muffin Pizza</b><br>3:00 Self-Directed Games<br>YouTube Lifeskills<br> Akiyo M.<br><small>Sukkot Begins</small>                  | 9:00 Strength Exercise DVD 26<br>10:00 Self-Directed Games<br>1:30 Afternoon Movie<br>“Hope Ranch”<br>YouTube 1:21:18<br> Cassie M. <small>Love Note Day</small>                                                                                                                                                                                                     |
| 9:00 Televised Church Services 27<br>10:00 Self-Directed Games<br>1:30 Afternoon Movie<br>“Child, Come Back”<br>YouTube 2:00:56                                                                                                                                                                          | 8:30 Morning Walk 28<br>9:00 ☆ Chair Dancing Fitness Around the World<br><b>10:00 ☆ Guess the Far-out Foods of the 1970's</b><br>1:30 ☆ <br>3:00 ☆ Self-Directed Games                    | 8:30 Morning Walk 29<br>9: 00 Stretch Exercise-DVD<br>10:00 Hula Noho<br><b>1:30 ☆ Tasty Peace Sign Necklace</b><br>1:30 Blackjack-Laurie Kolea Lounge<br>3:00 Bible Study w/Pastor Olaf                                                                                              | 8:30 Morning Walk 30<br>9:00 Seated Drum to be Fit<br>10:00 ☆ <br>1:30 ☆ Hand Therapy<br>☆ Sing Along<br>3:00 ☆ <br> Nono V.           | <div> <h1>September 2026</h1> <p> <i>"Just as autumn leaves show us how beautiful change can be, your life shows us how wonderful grace and wisdom are."</i> </p> </div>                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                           |