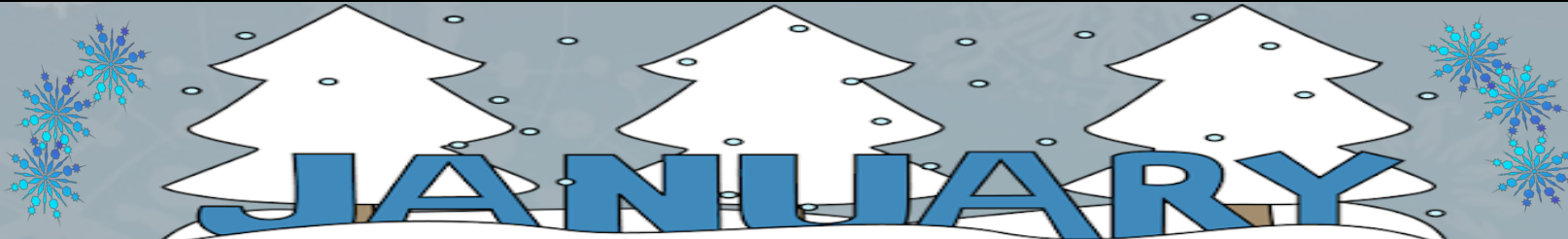






# JANUARY 2022 Hale Ho Aloha Activity Calendar

SONDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1 HAPPY NEW YEAR</b> 9:00 Morning HHA Exercise 9:15 Morning Social/News Rprt 10:00 Karaoke 1:30 Mini Games 3:30 Dancercise 
2 9:00 Morning HHA Exercise 9:15 News Report 9:30 Sing-a-long 10:30 <b>Virtual Buddhist Serv.</b> 1:30 Mini Games/Rm. Visit 3:30 Dancercise 	3 9:00 Morning HHA Exercise 9:15 Morning Social 9:20 News Report 10:00 BINGO! 1:30 Manicure Time/Rm. Visit 3:00 Afternoon Stretch	4 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 News Report 10:00 Travel Tuesday 1:30 Mini Games 3:30 Dancercise	5 9:00 Morning HHA Exercise 9:15 Sing-a-long 10:00 BINGO! 1:30 Room Visits Mini-Games 3:00Afternoon Stretch	6 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 News Report 10:00 <b>Gardening</b> 10 :30 Trivia 1 :30 Rm. Visit/Mini Games 3:30 Dancercise	7 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 <b>Resident Council Meeting</b> 10:00 BINGO! 1:30 Room Visits/Mini Games 3:00 Afternoon Stretch	8 9:00 Morning HHA Exercise 9:15 Morning Social/News Rprt 9:30 Trivia 10:00 Karaoke 1:30 Rm. Visit 3:30 Dancercise
9 9:00 Morning HHA Exercise 9:15 News Report 9:30 Sing-a-long 10:30 Virtual <b>Catholic Service</b> 1:30 Mini Games/Room Visit 3:30 Dancercise 	10 9:00 Morning HHA Exercise 9:15 Morning Social 9:20 News Report 10:00 BINGO! 1:30 Manicure Time/Rm. Visit 3:00 Afternoon Stretch	11 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 News Report 10:00 Hanafuda 1:30 Mini Games 3:30 Dancercise	12 9:00 Morning HHA Exercise 9:15 Sing-a-long 10:00 BINGO! 1:30 Room Visits Mini-Games 3:00 Afternoon Stretch	13 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 News Report 10:00 Bean Bag Toss/ Toss Ball 10:30 Mini Games 1:30 Massage Therapy 3:30 Dancercise	14 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 News Report 10:00 BINGO! 1:30 Room Visits/Mini Games 3:00 Afternoon Stretch	15 9:00 Morning HHA Exercise 9:15 Morning Social/News Rprt 9:30 Trivia 10:00 Karaoke 1:30 Mini Games 3:30 Dancercise
16 9:00 Morning HHA Exercise 9:15 News Report 9:30 Sing-a-long 10:30 It's Story Time 1:30 Mini Games/Room Visit 3:30 Dancercise	<b>17 Martin Luther King Jr. Day</b> 9:00 Morning HHA Exercise 9:15 Morning Social 9:20 News Report 10:00 BINGO! 1:30 Manicure Time/Rm. Visit 3:00 Afternoon Stretch  <i>i have a dream!</i>	18 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 News Report 10:00 <b>Flower Arranging</b> 1:30 Mini Games 3:30 Dancercise	19 9:00 Morning HHA Exercise 9:15 Sing-a-long 10:00 BINGO! 1:30 Room Visits Mini-Games 3:00 Afternoon Stretch	<b>20 BIRTHDAY PARTY</b> 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 News Report 10:00 <b>Birthday Party</b> 1:30 Mini Games./Rm. Visit 3:30 Dancercise	21 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 News Report 10:00 BINGO 1:30 Room Visits/Mini Games 3:00 Afternoon Stretch	22 9:00 Morning HHA Exercise 9:15 Morning Social/News Rprt 9:30 Trivia 10:00 Karaoke 1:30 Rm. Visit 3:30 Dancercise
23\29 9:00 Morning HHA Exercise 9:15 News Report 9:30 Sing-a-long 10:30 It's Story Time 1:30 Mini Games/ Room Visit 3:30 Dancercise	24\31 9:00 Morning HHA Exercise 9:15 Morning Social 9:20 News Report 10:00 BINGO! 1:30 Manicure Time/Rm. Visit 3:00 Afternoon Stretch	25 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 News Report 10:00 Hanafuda 1:30 Mini Games 3:30 Dancercise	26 9:00 Morning HHA Exercise 9:15 Sing-a-long 10:00 BINGO! 1:30 Room Visits Mini-Games 3:00 Afternoon Stretch	<b>27 Nat'l Chocolate Cake Day</b> 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 News Report 10:00 <b>Food Demo</b> 10:30 Trivia 1:30 Mini Games/Rm. Visit 3:30 Dancercise	28 9:00 Morning HHA Exercise 9:15 Morning Social 9:30 Visit to the Garden 10:00 BINGO! 1:30 Room Visits/Mini Games 3:00 Afternoon Stretch	29 9:00 Morning HHA Exercise 9:15 Morning Social/News Rprt 9:30 Trivia 10:00 Karaoke 1:30 Mini Games 3:30 Dancercise