



JULY 2022 Hale Ho Aloha Activity Calendar



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



JULY



1
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 BINGO!
 1:30 Rm. Visits
 Mini Games
 3:00 Afternoon Stretch

2
 9:00 Morning HHA Exercise
 9:15 Morning Social/News Rprt
 9:30 Trivia
 10:00 Karaoke
 1:30 Mini Games
 3:30 Dancercise

3
 9:00 Morning HHA Exercise
 9:15 News Report
 9:30 Sing-a-long
 10:30 Virtual Buddhist Service
 1:30 Mini Games/Room Visits
 3:30 Dancercise



4 INDEPENDENCE DAY!
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 BINGO!
 1:30 Manicure Time
 Room Visits
 3:00 Afternoon Stretch

5
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 Gardening
 1:30 Movie Time!
 3:30 Dancercise

6 National Strawberry Sundae Day
 9:00 Morning HHA Exercise
 9:15 Sing-a-long
 10:00 BINGO!
 1:30 Room Visits
 Mini Games
 3:00 Afternoon Stretch



7
 9:00 Morning HHA Exercise
 9:30 Morning Social
 10:00 Vegas Day
 1:30 Music Therapy
 Arts & Crafts
 3:30 Dancercise

8
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 BINGO
 1:30 Room Visits
 Mini Games
 3:00 Afternoon Stretch

9
 9:00 Morning HHA Exercise
 9:15 Morning Social/News Rprt
 9:30 Trivia
 10:00 Karaoke
 1:30 Mini Games
 3:30 Dancercise



10
 9:00 Morning HHA Exercise
 9:15 News Report
 9:30 Sing-a-long
 10:30 Virtual Catholic Service
 1:30 Mini Games/Room Visit
 3:30 Dancercise



11
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 BINGO!
 1:30 Manicure Time
 Room Visits
 3:00 Afternoon Stretch

12
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 Hanafuda
 1:30 Movie Time!
 3:30 Dancercise

13
 9:00 Morning HHA Exercise
 9:15 Sing-a-long
 10:00 BINGO!
 1:30 Room Visits
 Mini Games
 3:00 Afternoon Stretch

14
 9:00 Morning HHA Exercise
 9:15 Morning Social
 10:00 Flower Arranging
 1:30 Music Therapy
 Arts & Crafts
 3:30 Dancercise



15
 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



16
 9:00 Morning HHA Exercise
 9:15 Morning Social/News Rprt
 9:30 Trivia
 10:00 Karaoke
 1:30 Mini Games
 3:30 Dancercise

17
 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 Visits
 3:30 Dancercise

18
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 BINGO!
 1:30 Manicure Time
 Room Visits
 3:00 Afternoon Stretch

19
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 Visit to the Garden
 1:30 Movie Time!
 3:30 Dancercise

20
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 BINGO!
 1:30 Room Visits
 Mini Games
 3:00 Afternoon Stretch

21 BIRTHDAY PARTY
 9:00 Morning HHA Exercise
 9:15 Morning Social
 10:00 BIRTHDAY PARTY
 1:30 Music Therapy
 Arts & Crafts
 3:30 Dancercise



22
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 BINGO
 1:30 Room Visits/Mini Games
 3:00 Afternoon Stretch

23
 9:00 Morning HHA Exercise
 9:15 Morning Social/News Rprt
 9:30 Trivia
 10:00 Karaoke
 1:30 Mini Games
 3:30 Dancercise

24/31
 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

25
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 BINGO!
 1:30 Manicure Time
 Room Visits
 3:00 Afternoon Stretch



26
 9:00 Morning Exercise
 9:30 News Report
 10:00 Travel Tuesday
 1:30 Movie Time!
 3:30 Dancercise

27
 9:00 Morning HHA Exercise
 9:15 Sing-a-long
 10:00 BINGO!
 1:30 Room Visits
 Mini Games
 3:00 Afternoon Stretch

28
 9:00 Morning HHA Exercise
 9:30 News Report
 10:00 Food Demo
 1:30 Music Therapy
 Arts & Crafts
 3:30 Dancercise

29
 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

30
 9:00 Morning HHA Exercise
 9:15 Morning Social/News Rprt
 9:30 Trivia
 10:00 Karaoke
 1:30 Mini Games
 3:30 Dancercise