















Sunday Monday Tuesday Wednesday Thursday Friday Saturday



-  Activity Connection Activity
-  Arts & Crafts
-  Celebrations
-  Educational Classes
-  Exercise / Physical Activity
-  Field Trips / Outings
-  Games
-  Gardening
-  Intergenerational Program
-  Meditation / Mindfulness
-  Movies or Documentaries
-  Music or Special Entertainment
-  Personal Connections (FC)

<p style="text-align: center;">Happy Easter 5</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: Fun facts about Easter 10:15  BINGO 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  Pokeno 2:15  Guess Who & Name 5 3:00  Ageless Fitness & Hydration 3:30  Kickback & Catch The Game 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Caramel Popcorn Day 6</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 9:45  Lamaku Van Ride: Ewa Beach 9:50  News & Views: Wackiest Popcorn Creations 10:00  Musical Performance by Roy Hamada & Friends: 2nd Floor 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:15  Move to The Rhythm: Drum-A-Sizing 3:30  Activity Connection: Letter Quest 5:00 Resident Dinner</p>	<p style="text-align: center;">Coffee Cake Day 7</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: Wackiest Cake Creations 10:30  Japanese Sing Along 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  Fun Film: Residents Choice 3:00  Ageless Fitness & Hydration 3:30  Color Therapy & Oldie Tunes 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Zoo Day 8</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 10:00  Morning Surprise: Mele with Our Friends - 2nd Floor 12:00 Resident Lunch & Leisure 1:00  Garden Club in The Lanai 1:30  Just Craftin: Popsicle Stick Bunny Making 2:15  Move to The Rhythm: Drum-A-Sizing 3:30  Activity Connection: Collage Detective 5:00 Resident Dinner</p>	<p style="text-align: center;">Unicorn Day 9</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 9:50  News & Views: History of the Mythical Unicorn 10:00  Morning Surprise: Musical Performance by The Mellow Friends - 2nd Floor 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:30  Ageless Fitness & Hydration 3:30  Color Therapy & Classical Music 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Almond Cookie Day 10</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: Best Almond Cookies in Hawaii 10:30  Brain Buster Time: Quiz Dino 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:30  Move to The Rhythm: Drum-A-Sizing 3:30  Game Show Watch Party 5:00 Resident Dinner</p>	<p style="text-align: center;">Pet Day 11</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 9:50  News & Views: Funny Pet Pictures & Clips 10:00  Morning Surprise: Chair Zumba w/ Annette - 2nd Floor 12:00 Resident Lunch & Leisure 1:00  Garden Club in The Lanai 1:30  Just Craftin: Paper Plate Dog or Cat Making 3:00  Ageless Fitness & Hydration 3:30  Color & Chat 5:00 Resident Dinner</p>
<p style="text-align: center;">Colorado Day 12</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: 10 Things to know about Colorado 10:15  BINGO 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  Pokeno 2:15  Guess Who & Name 5 3:00  Ageless Fitness & Hydration 3:30  Kickback & Catch The Game 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Thomas Jefferson Day 13</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 9:45  Lamaku Van Ride: Aiea 10:00  Hawaiian Music w/ Kupuna Mele 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:15  Move to The Rhythm: Drum-A-Sizing 3:30  Activity Connection: Letter Quest 5:00 Resident Dinner</p>	<p style="text-align: center;">Dolphin Day 14</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: Fun facts about Dolphins 10:30  Japanese Sing Along 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  Just Craftin: Dolphin Suncatcher Making 2:30  Ageless Fitness & Hydration 3:00  BINGO 3:00  Color Therapy & Oldie Tunes 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Purple Day 15</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 10:00  Morning Surprise: Mele with Our Friends - 2nd Floor 12:00 Resident Lunch & Leisure 1:00  Garden Club in The Lanai 1:30  BINGO 2:15  Move to The Rhythm: Drum-A-Sizing 3:00  Fun Film: Rise of The Guardians 3:30  Activity Connection: Collage Detective 5:00 Resident Dinner</p>	<p style="text-align: center;">Banana Day 16</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 9:50  News & Views: Wackiest Banana Creations 10:15  Activity Connection: Travelogue 10:50  Brain Buster Time: Charades & Trivia 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:30  Ageless Fitness & Hydration 3:30  Color Therapy & Classical Music 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Haiku Poetry Day 17</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 10:00  Men's Club: Plaza Poker 10:00  News & Views: Examples of Haiku Poetry 10:30  Brain Buster Time: Quiz Dino 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:30  Move to The Rhythm: Drum-A-Sizing 3:30  Game Show Watch Party 5:00 Resident Dinner</p>	<p style="text-align: center;">Exercise Day 18</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: Best exercise tips for Senior Citizens 10:30  Activity Connection: Travelogue 12:00 Resident Lunch & Leisure 1:00  Garden Club in The Lanai 1:30  Just Craftin: Spring Tree Q-Tip Painting 3:00  Ageless Fitness & Hydration 3:30  Color & Chat 5:00 Resident Dinner</p>
<p style="text-align: center;">North Dakota Day 19</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: Fun facts about North Dakota 10:15  BINGO 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  Pokeno 2:15  Guess Who & Name 5 3:00  Ageless Fitness & Hydration 3:30  Kickback & Catch The Game 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Volunteer Day 20</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 9:45  Lamaku Van Ride: Ko'olina 10:00  News & Views: Benefits of Serving Others 10:30  Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:15  Move to The Rhythm: Drum-A-Sizing 3:30  Activity Connection: Letter Quest 5:00 Resident Dinner</p>	<p style="text-align: center;">Grade School Day 21</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: History of Hawaii's Public Schools 10:30  Japanese Sing Along 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  Just Craftin: Newspaper Cat Making 2:30  Ageless Fitness & Hydration 3:00  BINGO 3:00  Color Therapy & Oldie Tunes 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Earth Day 22</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 10:00  Morning Surprise: Mele with Our Friends - 2nd Floor 12:00 Resident Lunch & Leisure 1:00  Garden Club in The Lanai 1:30  BINGO 2:15  Move to The Rhythm: Drum-A-Sizing 3:00  Fun Film 3:30  Activity Connection: Collage Detective 5:00 Resident Dinner</p>	<p style="text-align: center;">Dog Day 23</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 9:50  News & Views: 10 Facts about Dogs 10:00  Bon Dancersizing w/ Wahiawa Hongwanji: 2nd Floor 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:30  Ageless Fitness & Hydration 3:30  Color Therapy & Classical Music 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Bucket List Day 24</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: What's your bucket list? 10:30  Brain Buster Time: Quiz Dino 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:30  Move to The Rhythm: Drum-A-Sizing 3:30  Game Show Watch Party 5:00 Resident Dinner</p>	<p style="text-align: center;">Cat Day 25</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 10:00  Local Jamz w/ Dean Hirata: 2nd Floor 12:00 Resident Lunch & Leisure 1:00  Garden Club in The Lanai 2:00  Afternoon Surprise: Musical Performance by The Wahiawa SDA Church Group - 2nd Floor 3:00  Ageless Fitness & Hydration 3:30  Color & Chat 5:00 Resident Dinner</p>
<p style="text-align: center;">Pretzel Day 26</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: Wackiest pretzel creations 10:15  BINGO 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  Pokeno 2:15  Guess Who & Name 5 3:00  Ageless Fitness & Hydration 3:30  Kickback & Catch The Game 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Gummy Bear Day 27</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 9:45  Lamaku Van Ride: Moanalua Valley 10:00  News & Views: 10 Fun facts about Gummy Bears 10:30  Brain Buster Time: Super Hangman Challenge 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:15  Move to The Rhythm: Drum-A-Sizing 3:30  Activity Connection: Letter Quest 5:00 Resident Dinner</p>	<p style="text-align: center;">Super Hero Day 28</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 10:00  News & Views: Most popular superhero's 10:30  Japanese Sing Along 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  Just Craftin: Lady Spring Floral Art 2:30  Ageless Fitness & Hydration 3:00  BINGO 3:00  Color Therapy & Oldie Tunes 3:30  One-to-One Moments 5:00 Resident Dinner</p>	<p style="text-align: center;">Peace Rose Day 29</p> <p>8:00 Resident Breakfast 9:30  Rise n Shine Fitness & Hydration 10:00  Morning Surprise: Birthday Bash & Mele with Our Friends - 2nd Floor 12:00 Resident Lunch & Leisure 1:00  Garden Club in The Lanai 1:30  BINGO 2:15  Move to The Rhythm: Drum-A-Sizing 3:00  Fun Film: HOP 3:30  Activity Connection: Collage Detective 5:00 Resident Dinner</p>	<p style="text-align: center;">Bubble Tea Day 30</p> <p>8:00 Resident Breakfast 9:30  One-to-One Moments 9:30  Rise n Shine Fitness & Hydration 9:50  News & Views: Best bubble tea shop in Hawaii 10:15  Activity Connection: Travelogue 10:50  Brain Buster Time: Charades & Trivia 12:00 Resident Lunch & Leisure 1:00  Lanai Time & Hawaiian Tunes 1:30  BINGO 2:30 </p>		