

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p>Van Departures</p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY</p> <p>A – Activity Room MR – Media Room 3rd – Third Floor GR – Game Room FD – Front Desk B – Bistro S – Supervised U – Unsupervised</p>	<p>1.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:15 - Resident Council (A) 10:30 - Nickel Bingo (A) 11:00 - Bible Study with Gene and Laurent (MR)</p> <p>1:00 - Hidden Pictures (A) 2:00 - Movie: You Gotta Believe (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Stuff You Should Know Trivia (A) 3:30 - Hanafuda (A)</p> <p>April Fool's Day</p>	<p>2.</p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 11:15 - Kau Kau Club: Chicken and Brisket (S) 1:00 - Creative Coloring (A) 1:30 - Mindful Nature Walk (L) 2:00 - Craft: Foam Easter Wreath (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</p> <p>National Walking Day</p>	<p>3.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) 1:00 - Holoholo: Liliha Bakery Nimitz (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B)</p> <p>National Burrito Day</p>	<p>4.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 10:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR)</p> <p>National Vitamin C Day</p>	<p>5.</p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Zumba with Annette (A) 3:00 - 500 Trivia Questions Game (A) 3:00 - Hanafuda (A)</p> <p>National Nebraska Day</p>			
<p>6.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Waialua Town (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 S2 Ep 2 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Music with Dean (A)</p> <p>National Carbonara Day</p>	<p>7.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Target Kapolei (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Waialua Town (S) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Hidden Pictures (GR) 3:00 - Korean Drama (MR)</p> <p>National Coffee Cake Day</p>	<p>8.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Hawaii Dance Bomb Silent Disco (A) 11:00 - Bible Study with Gene and Laurent (MR)</p> <p>1:00 - Hidden Pictures (A) 2:00 - Movie: Lift (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A)</p> <p>National Zoo Lovers Day</p>	<p>9.</p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Hauli Ohana Hula and Singing (A) 11:15 - Kau Kau Club: Ahi and Vegetable Ewa (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Birthday Card Creations Club (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</p> <p>National Chinese Almond Cookie Day</p>	<p>10.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 9:30 - Karaoke Gang (A) 1:00 - Holoholo: Uncle Lani's Poi Mochi (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B)</p> <p>National Farm Animals Day</p>	<p>11.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Music with Michael (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Na Wahine Nau'auoa (A)</p> <p>National Pet Day</p>	<p>12.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Activities with Grace and Friends (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Strength and Balance Fuzion Fitness with Daniel (A) 3:00 - Nickel Bingo (A)</p> <p>National Licorice Day</p>			
<p>13.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Manoa Valley (S) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: History 101 S2 Ep 3 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Jenga (A) 3:30 - Hanafuda (A)</p> <p>National Scrabble Day</p>	<p>14.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Lowes Waikale (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Crafting with Linda (A) 11:45 - Scenic: Manoa Valley (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Men's Club with Bryan (MR) 2:00 - Bracelet Beading (A) 3:00 - Body and Brain Yoga with Karen (A) 3:00 - Korean Drama (MR) 3:30 - Guess in 10 Trivia Game (A)</p> <p>National Dolphin Day</p>	<p>15.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) 11:00 - Bible Study with Gene and Laurent (MR)</p> <p>1:00 - Hidden Pictures (A) 2:00 - Documentary: Titanic (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Stuff You Should Know Trivia (A) 3:30 - Hanafuda (A)</p> <p>National Titanic Remembrance Day</p>	<p>16.</p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Music with Mike Kahue (A) 12:00 - Kau Kau Club: Mitzuken (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Glitter Gem Egg (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</p> <p>National Wear Pajamas to Work Day</p>	<p>17.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Mellow Friends Karaoke Gang (A) 10:50 - Japanese Speaking Bible Study with Keiko (B) 1:00 - Holoholo: Jamba Juice (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B)</p> <p>National High Five Day</p>	<p>18.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Music Performance with Glenn and Dave (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR)</p> <p>National Exercise Day</p>	<p>19.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Zumba with Annette (A) 1:00 - Guided Meditation (MR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Egg Decorating with Pageant Title Holders (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - 7th Day Adventist Choir (A) 3:30 - Hangman Word Game (A)</p> <p>National Garlic Day</p>			
<p>20.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Easter Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Movie: Peter Rabbit (MR) 2:00 - Plaza Casino: Blackjack (A) 3:00 - Suspend Game (A) 3:30 - Hanafuda (A)</p> <p>Easter</p>	<p>21.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Ross Ewa (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Makaha Valley (S) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Men's Club with Bryan (MR) 2:00 - Olaloa Jammers (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - Old Wives Tale Trivia Game (A)</p> <p>National Chocolate Covered Cashews</p>	<p>22.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) 11:00 - Bible Study with Gene and Laurent (MR)</p> <p>1:00 - Hidden Pictures (A) 2:00 - Movie: Annie (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A)</p> <p>National Earth Day</p>	<p>23.</p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Hank the Singing Dutchman (A) 11:15 - Kau Kau Club: H-Mart Food Court (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Birthday Card Creations Club (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</p> <p>National Administrative Professionals Day</p>	<p>24.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) 1:00 - Holoholo: Hawaiian Pie Company (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B)</p> <p>National Pigs in a Blanket Day</p>	<p>25.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Inspirational Music with Wally (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR)</p> <p>National Telephone Day</p>	<p>26.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - K9 Show with Mrs. Hawaii United States Ashley Howell (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - Hanafuda (GR)</p> <p>National Sense of Smell Day</p>			
<p>27.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Ala Moana Beach Park (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 S2 Ep 4 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Music with Dean (A)</p> <p>National Babe Ruth Day</p>	<p>28.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Savers Waipahu (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Body and Brain Tai Chi with Karen (A) 11:45 - Scenic: Ala Moana Beach Park (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Men's Club with Bryan (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - I Should've Known That Trivia Game (A)</p> <p>National Superhero Day</p>	<p>29.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) 11:00 - Bible Study with Gene and Laurent (MR)</p> <p>1:00 - Hidden Pictures (A) 2:00 - Movie: 50 First Dates (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Stuff You Should Know Trivia (A) 3:30 - Hanafuda (A)</p> <p>National Great Poetry Reading Day</p>	<p>30.</p> <p>8:15 - Seated Strength Exercise B (MR) 9:00 - Hydration Recharge (MR) 9:05 - Seated Strength Exercise B (MR) 9:50 - Hydration Recharge (MR) 10:00 - Crafting with Sandra from Pearl City Library (A) 11:15 - Kau Kau Club: Masa and Joyce Okazuya (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Cotton Ball Bunny (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</p> <p>National Raisin Day</p>						