

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Van Departures Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY A – Activity Room MR – Media Room GR – Game Room FD – Front Desk S – Supervised U – Unsupervised</p>			<p>1. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Senior Moments (A) 1:00 - Holoholo: Lox of Bagels (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 - Plaza Casino: Blackjack (A) National Dark Chocolate Day</p>	<p>2. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 10:00 - Cooking Corner: Temaki Sushi(A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Wii: Bowling (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Wear Red Day</p>	<p>3. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 10:00 - PCHS Spanish Club Valentine's Activity (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Zumba with Annette (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - 500 Trivia Questions Game (A) National Carrot Cake Day</p>
<p>4. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 12:45 - Scenic: China Town (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Sunday Matinee Movie (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Chair Hula with Jerrick (A) National Homemade Soup Day</p>	<p>5. 8:15 - Exercise (A) 9:30 - Shopping: Windward Mall (U) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:45 - Scenic: China Town (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Matinee: Swat S2 Ep 3 (MR) 3:30 - Guess in 10 Trivia Game (A) National Nutella Day</p>	<p>6. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Resident Council (A) 10:20 - Nickel Bingo (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 2:30 - Tea Time Tuesday (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Old Wives Tales Trivia Game (A) 3:30 - Hanafuda (A) National Chopsticks Day</p>	<p>7. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Hank the Singing Dutchman (A) 11:00 - Kau Kau Club: Pearlridge Food Court (S) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Wednesday Matinee Movie (MR) 3:00 - Word Search Hour (GR) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Send A Card To A Friend Day</p>	<p>8. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 9:30 - Karaoke Gang (A) 1:00 - Holoholo: Baskin-Robbins (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 - Plaza Casino: Blackjack (A) National Kite Flying Day</p>	<p>9. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 10:00 - Cooking Corner: Cold Veggie Pizza (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Happy Hour at "The Media" (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) National Pizza Day</p>	<p>10. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Michael (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Strength and Balance Fuzion Fitness with Daniel (A) 3:00 - History Channel Trivia Game (A) Chinese New Year</p>
<p>11. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 12:45 - Scenic: Oneula Beach (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 1:30 - Superbowl Tailgate Party (A) 2:30 - Errand Run (U) 3:00 - Plaza Casino: Blackjack (A) Superbowl</p>	<p>12. 8:15 - Exercise (MR) 9:30 - Shopping: Kahala Mall (U) 9:05 - Exercise (MR) 10:00 - Crafting with Linda (A) 11:45 - Scenic: Oneula Beach (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Matinee: Swat S2 Ep 4 (MR) 3:30 - I Should've Known That Trivia Game (A) National Lost Penny Day</p>	<p>13. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Hawaii Dance Bomb Silent Disco (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 2:30 - Tea Time Tuesday (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) 3:30 - Hanafuda (A) Fat Tuesday</p>	<p>14. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Bingo (A) 11:00 - Kau Kau Club: Oahu Grill (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Chocolate Roses (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) Valentine's Day</p>	<p>15. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Japanese Speaking Bible Study with Keiko (MR) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Gumdrops Day</p>	<p>16. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Dean (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Wii: Bowling (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Almond Day</p>	<p>17. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Zumba with Annette (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Nickel Bingo (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - 500 Trivia Questions (A) National Red Sock Day</p>
<p>18. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Chinese Lion Dance (L) 12:45 - Scenic: Makapu'u Lighthouse (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Sunday Matinee Movie (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Chair Hula with Jerrick (A) National Drink Wine Day</p>	<p>19. 8:15 - Exercise (A) 9:00 - Shopping: Target Salt Lake (U) 9:05 - Exercise (A) 10:00 - Body and Brain Yoga w/ Karen (A) 11:30 - Scenic: Makapu'u Lighthouse (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Matinee: Swat S2 Ep 5 (MR) 3:30 - Guess in 10 Trivia Game (A) President's Day</p>	<p>20. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Piano Performance with Roy (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 2:30 - Tea Time Tuesday (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Old Wives Tale Trivia Game (A) 3:30 - Hanafuda (A) National Love Your Pet Day</p>	<p>21. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Mike Kahue (A) 11:00 - Kau Kau Club: Ahi & Vegetable (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Chinese New Year Firecracker Décor (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Sticky Bun Day</p>	<p>22. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Margarita Day</p>	<p>23. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Inspirational Music with Wally (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Happy Hour at "The Media" (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Tile Day</p>	<p>24. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Michael (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Nickel Bingo (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - 7th Day Adventist Choir (A) National Tortilla Chip Day</p>
<p>25. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 12:45 - Scenic: Aiea Heights (S) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Sunday Matinee Movie (MR) 2:00 - Musical Performances by Musikgarten Students (A) 2:30 - Errand Run (U) 3:00 - Chair Hula with Jerrick (A) National Clam Chowder Day</p>	<p>26. 8:15 - Exercise (A) 9:00 - Shopping: Marukai (U) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:30 - Scenic: Aiea Heights (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Korean Drama (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Matinee: Swat S2 Ep 6 (MR) 3:30 - I Should've Known That Trivia Game (A) National Pistachio Day</p>	<p>27. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Body & Brain Tai Chi with Karen (A) 1:00 - Hidden Pictures (A) 2:00 - Pet Therapy with Lii Lii (A) 2:00 - Japanese Drama Show (MR) 2:30 - Tea Time Tuesday (A) 2:30 - Errand Run (U) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Hangman Word Game (A) 3:30 - Hanafuda (A) National Retro Day</p>	<p>28. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Hank the Singing Dutchman (A) 11:00 - Kau Kau Club: Potato Corner (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Paper Heart Flower in Pot (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Floral Design Day</p>	<p>29. 8:15 - Exercise (A) 9:05 - Exercise (MR) 10:00 - Music with Dean (A) 1:00 - Holoholo: Brug Bakery (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 - Plaza Casino: Blackjack (A) National Leap Day</p>		

We hope you will join us for these activities! Please speak with your activities assistant or the Activity Director if you have any questions, comments, or questions about activities. Please note that all activities and times are subject to change.