

# JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Van Departures</b></p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p><b>KEY</b></p> <p><b>A</b> – Activity Room <b>MR</b> – Media Room <b>3rd</b> – Third Floor <b>GR</b> – Game Room <b>FD</b> – Front Desk <b>B</b> – Bistro <b>S</b> – Supervised <b>U</b> – Unsupervised</p>		<p><b>1.</b></p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:15 - Bingo (A) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Birthday Card Creation Club (A) 3:00 - Gorgeous Grams Nail Painting (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> <b>New Year's Day</b></p>	<p><b>2.</b></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) <b>1:00 - Holoholo: Dave's Ice Cream (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bracelet Beading (A) <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) <b>National Cream Puff Day</b></p>	<p><b>3.</b></p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Cooking Corner: Temaki Sushi (A)</b> 1:00 - Hidden Pictures (MR) 1:30 - Aromatherapy Hand Massage (MR) 2:00 - Plaza Casino: Blackjack (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) <b>National Drinking Straw Day</b></p>	<p><b>4.</b></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) <b>10:00 - Activities with Grace and Friends (A)</b> 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Zumba with Annette (A)</b> 3:00 - Nickel Bingo (A) <b>National Trivia Day</b></p>
<p><b>5.</b></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) <b>11:00 - Pet Therapy with Chibi and Wicket (A)</b> <b>11:00 - Word of Life Christian Online Service (MR)</b> <b>12:45 - Scenic: Pall Lookout (S)</b> 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 Ep 6 (MR) 2:00 - Plaza Casino: Blackjack (A) <b>2:30 - Errand Run (U)</b> 3:00 - Wii: The Price is Right (MR) <b>National Bird Day</b></p>	<p><b>6.</b></p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) <b>9:00 - Shopping: Ross Ewa (U)</b> 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Crafting with Linda (A)</b> <b>11:45 - Scenic: Pall Lookout (S)</b> 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Men's Club with Bryan (MR)</b> 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - Old Wives Tale Trivia Game (A) <b>National Technology Day</b></p>	<p><b>7.</b></p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:15 - Resident Council (A)</b> 10:30 - Nickel Bingo (A) <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Movie: The Six Triple Eight (MR) 2:00 - Word Search Hour (FD) 3:00 - Seated Whole Body Exercise (MR) <b>National Bobblehead Day</b></p>	<p><b>8.</b></p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (MR) 9:50 - Hydration Recharge (MR) <b>10:00 - Hawaii Dance Bomb Silent Disco (A)</b> <b>11:15 - Kau Kau Club: Shiro's (S)</b> 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Ukulele Practice Club w/ Chuck (MR)</b> 2:00 - Craft: Chinese Firecracker Craft (A) 3:00 - Gorgeous Grams Nail Painting (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> <b>National Bubble Bath Day</b></p>	<p><b>9.</b></p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>9:30 - Karaoke Gang (A)</b> <b>1:00 - Holoholo: Hawaiian Chip Factory (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Crafting with Kristia (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) <b>National Law Enforcement Day</b></p>	<p><b>10.</b></p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Music with Dean (A)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Song Practice with Chuck (B)</b> 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) <b>National Houseplant Appreciation Day</b></p>	<p><b>11.</b></p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) <b>10:00 - Wah Yun Culture and Arts Academy Lion Dance (L)</b> 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Strength and Balance Fuzion Fitness with Daniel (A)</b> 3:00 - Nickel Bingo (A) <b>National Arkansas Day</b></p>
<p><b>12.</b></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) <b>11:00 - Word of Life Christian Online Service (MR)</b> <b>12:45 - Scenic: Ho'omaluhia (S)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: History 101 Ep 7 (MR) 2:00 - Plaza Casino: Blackjack (A) <b>2:30 - Errand Run (U)</b> 3:00 - Wii: Sports (MR) <b>National Marzipan Day</b></p>	<p><b>13.</b></p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) <b>9:00 - Shopping: DonPen Times Kunia (U)</b> 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:15 - Bingo (A) <b>11:45 - Scenic: Ho'omaluhia (S)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Men's Club with Bryan (MR)</b> 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - Guess in 10 Trivia Game (A) <b>National Sticker Day</b></p>	<p><b>14.</b></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 - Nickel Bingo (A) <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (A) 2:00 - Movie: Carry On (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) <b>2:30 - Errand Run (U)</b> 3:00 - Seated Whole Body Exercise (MR) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) <b>National Dress Up Your Pet Day</b></p>	<p><b>15.</b></p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (MR) 9:50 - Hydration Recharge (MR) <b>10:00 - Music with Mike Kahue (A)</b> <b>11:15 - Kau Kau Club: Aiea Bowl (S)</b> 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Ukulele Practice Club w/ Chuck (MR)</b> 2:00 - Birthday Card Creation Club (A) 3:00 - Gorgeous Grams Nail Painting (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> <b>National Strawberry Ice Cream Day</b></p>	<p><b>16.</b></p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Mellow Friends Karaoke Group (A)</b> <b>10:50 - Japanese Speaking Bible Study with Keiko (B)</b> <b>1:00 - Holoholo: Leonard's Malasadas (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Crafting with Kristia (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) <b>National Religious Freedom Day</b></p>	<p><b>17.</b></p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Music with Pono (A)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Song Practice with Chuck (B)</b> 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) <b>National Popeye the Sailor Man Day</b></p>	<p><b>18.</b></p> <p>8:15 - Seated Strength Exercise A (MR) 9:00 - Hydration Recharge (MR) 9:05 - Seated Strength Exercise A (MR) 9:50 - Hydration Recharge (MR) <b>10:00 - Ryugin Taiko Performance (A)</b> 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Nickel Bingo (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - 500 Trivia Questions Game (A) 3:30 - Hanafuda (A) <b>National Winnie the Pooh Day</b></p>
<p><b>19.</b></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) <b>11:00 - Pet Therapy with Chibi and Wicket (A)</b> <b>11:00 - Word of Life Christian Online Service (MR)</b> <b>12:45 - Scenic: Ko'olina (S)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: History 101 Ep 8 (MR) 2:00 - Plaza Casino: Blackjack (A) <b>2:30 - Errand Run (U)</b> 3:00 - Wii: Sports (MR) <b>National Popcorn Day</b></p>	<p><b>20.</b></p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) <b>9:00 - Shopping: Marukai (U)</b> 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Zumba with Annette (A)</b> <b>11:45 - Scenic: Ko'olina (S)</b> 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Men's Club with Bryan (MR)</b> 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - Old Wives Tale Trivia Game (A) <b>Martin Luther King Jr. Day</b></p>	<p><b>21.</b></p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Piano Performance with Roy (A)</b> <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (A) 2:00 - Movie: The Forge (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) <b>2:30 - Errand Run (U)</b> 3:00 - Seated Whole Body Exercise (MR) 3:00 - Stuff You Should Know Trivia (A) 3:30 - Hanafuda (A) <b>National Hugging Day</b></p>	<p><b>22.</b></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) <b>9:50 - Excursion: Queen Emma Summer Palace (S)</b> 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Ukulele Practice Club w/ Chuck (MR)</b> 2:00 - Word Search Hour (FD) 3:00 - Gorgeous Grams Nail Painting (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> <b>Celebration of Life Day</b></p>	<p><b>23.</b></p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Legacy Group (A)</b> <b>1:00 - Holoholo: Island Glazed Donuts (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Crafting with Kristia (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) <b>National Pie Day</b></p>	<p><b>24.</b></p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:15 - Cooking Corner: Hijiki Nimono (A)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Song Practice with Chuck (B)</b> 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) <b>National Big Wig Day</b></p>	<p><b>25.</b></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) <b>2:00 - Okinawan Dance Performance (A)</b> 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - Hangman Word Game (A) 3:30 - Hanafuda (A) <b>National Irish Coffee Day</b></p>
<p><b>26.</b></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) <b>11:00 - Pet Therapy with Chibi and Wicket (A)</b> <b>11:00 - Word of Life Christian Online Service (MR)</b> <b>12:45 - Scenic: Lanikai Beach (S)</b> 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 Ep 9 (MR) 2:00 - Plaza Casino: Blackjack (A) <b>2:30 - Errand Run (U)</b> 3:00 - Wii: Bowling (MR) <b>National Peanut Brittle Day</b></p>	<p><b>27.</b></p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) <b>9:00 - Shopping: Savers Waipahu (U)</b> 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Body and Brain Yoga w/ Karen (A)</b> <b>11:45 - Scenic: Lanikai Beach (S)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Men's Club with Bryan (MR)</b> <b>2:00 - Crafting with Sandra from Pearl City Library (A)</b> 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - I Should've Known That Trivia Game (A) <b>National Chocolate Cake Day</b></p>	<p><b>28.</b></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 - Nickel Bingo (A) <b>11:00 - Bible Study with Gene and Laurent (MR)</b> 1:00 - Hidden Pictures (A) 2:00 - Movie: Godzilla Kong (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) <b>2:30 - Errand Run (U)</b> 3:00 - Seated Whole Body Exercise (MR) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) <b>National Kazoo Day</b></p>	<p><b>29.</b></p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (MR) 9:50 - Hydration Recharge (MR) <b>10:00 - Hank the Singing Dutchman (A)</b> <b>11:15 - Kau Kau Club: Kaala Moe Chicken (S)</b> 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Ukulele Practice Club w/ Chuck (MR)</b> 2:00 - Birthday Card Creation Club (A) 3:00 - Gorgeous Grams Nail Painting (A) <b>3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR)</b> <b>National Puzzle Day</b></p>	<p><b>30.</b></p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Music with Dean (A)</b> <b>1:00 - Holoholo: Kozo Sushi (U)</b> 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) <b>2:00 - Crafting with Kristia (A)</b> <b>2:30 - Errand Run (U)</b> 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) <b>National Croissant Day</b></p>	<p><b>31.</b></p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) <b>10:00 - Inspirational Music with Wally (A)</b> 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) <b>2:00 - Song Practice with Chuck (B)</b> 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) <b>Inspire Your Heart with Art Day</b></p>	

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