

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>HAPPY 4TH OF JULY</p> <p>1. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:00 - Shopping: Daiso (U) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 11:45 - Scenic: Diamond Head Lookout (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 - Movie: A Family Affair (MR) 3:30 - Guess in 10 Trivia Game (A) National Creative Ice Cream Day</p>	<p>2. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Resident Council (A) 10:20 - Nickel Bingo (A) 1:00 - Hidden Pictures (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 - OK Boomer Trivia Game (A) 3:30 - Hanafuda (A) National Wildland Firefighter Day</p>	<p>3. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Frank DeLima Show (A) 11:15 - Kau Kau Club: Aiea Bowl (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Arts & Crafts (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Compliment Your Mirror Day</p>	<p>4. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Senior Moments (A) 1:00 - Holoholo: Chun Wah Kam Kapolei (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Nickel Bingo (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) Independence Day</p>	<p>5. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Michael (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Word Search Hour (GR) 3:00 - Brain Buster Puzzle Packs (FD) 3:30 - Wii: Bowling (MR) National Hawaii Day</p>	<p>6. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Hawaii Dance Bomb Silent Disco (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Zumba with Annette (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - 500 Trivia Questions Game (A) 3:30 - Hanafuda (A) National Hand Roll Day</p>	
<p>7. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 12:45 - Scenic: He'eia Pier (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Movie: Residents Choice (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: The Price is Right (MR) National Strawberry Sundae Day</p>	<p>8. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:00 - Shopping: Safeway Waikale (U) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Crafting with Linda (A) 11:45 - Scenic: He'eia Pier (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 - Movie: My All American (MR) 3:30 - I Should've Known That Trivia Game (A) National Freezer Pop Day</p>	<p>9. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Dean (A) 1:00 - Hidden Pictures (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 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) National Dimples Day</p>	<p>10. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 11:15 - Kau Kau Club: Zippy's (S) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Paint for your Soul with Gwenaelle (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Kitten Day</p>	<p>11. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 9:30 - Karaoke Gang (A) 1:00 - Holoholo: Nisshodo Mochi Store (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Nickel Bingo (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Mojito Day</p>	<p>12. 8:15 - Exercise (MR) 9:00 - Hydration Recharge (MR) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Ukulele Performance w/ Genson (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Reiki Ryoho Guided Meditation with Jenny (A) National Paper Bag Day</p>	<p>13. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Ukulele Performance w/Kau (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 - History Channel Trivia Game (A) 3:30 - Hanafuda (A) National Barbershop Music Appreciation Day</p>
<p>14. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 12:45 - Scenic: Mokuleia (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Movie: Residents Choice (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Sports (A) National Tape Measure Day</p>	<p>15. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:00 - Shopping: Best Buy (U) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Body & Brain Yoga with Karen (A) 11:45 - Scenic: Mokuleia (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 - Movie: Spenser Confidential (MR) 3:30 - Old Wives Tale Trivia Game (A) National Give Something Away Day</p>	<p>16. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Piano Performance with Roy (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (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 - OK Boomer Trivia Game (A) 3:30 - Hanafuda (A) National Personal Chef Day</p>	<p>17. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Mike Kahue (A) 11:15 - Kau Kau Club: Golden Coin (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Arts & Crafts (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) World Emoji Day</p>	<p>18. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Mellow Friends Karaoke Group (A) 10:50 - Japanese Speaking Bible Study with Keiko (MR) 1:00 - Holoholo: Island Popper Popcorn (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bracelet Beading (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Get To Know Your Customer Day</p>	<p>19. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Music with Michael (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Music Performance with Glenna and Dave (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Words With Friends Day</p>	<p>20. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Ukulele Performance w/ Kau (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 - Hangman Word Game (A) National Fortune Cookie Day</p>
<p>21. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 12:45 - Scenic: Kalihi Valley (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Movie: Residents Choice (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Wheel of Fortune (A) National Be Someone Day</p>	<p>22. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Korean Drama (MR) 2:00 - Olaloa Jammers (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Movie: Woman In Gold (MR) 3:30 - Guess in 10 Trivia Game (A) National Hammock Day</p>	<p>23. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Nickel Bingo (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (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 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) National Gorgeous Grandma Day</p>	<p>24. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Hank the Singing Dutchman (A) 11:15 - Kau Kau Club: Bravo's (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Arts & Crafts (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Cousins Day</p>	<p>25. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 1:00 - Holoholo: Chocolea (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Bracelet Beading (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Plaza Casino: Blackjack (A) National Refreshment Day</p>	<p>26. 8:15 - Exercise (MR) 9:00 - Hydration Recharge (MR) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Inspirational Music with Wally (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Get Gnarly Day</p>	<p>27. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (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 - Plaza Casino: Blackjack (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - History Channel Trivia Game (A) 3:30 - Hanafuda (A) National Day Of The Cowboy Day</p>
<p>28. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 12:45 - Scenic: Kalama Valley (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Movie: Residents Choice (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Bowling (A) National Milk Chocolate Day</p>	<p>29. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:00 - Shopping: Target Kapolei (U) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Body & Brain Tai Chi with Karen (A) 11:30 - Scenic: Kalama Valley (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 - Movie: Red Notice (MR) 3:30 - I Should've Known That Trivia Game (A) National Chicken Wing Day</p>	<p>30. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (MR) 9:50 - Hydration Recharge (MR) 10:00 - Nickel Bingo (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (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 - OK Boomer Trivia Game (A) 3:30 - Hanafuda (A) National Climb A Mountain Day</p>	<p>31. 8:15 - Exercise (A) 9:00 - Hydration Recharge (A) 9:05 - Exercise (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 11:15 - Kau Kau Club: Genki Sushi (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Arts & Crafts (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Muff Day</p>	 <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 B – Bistro</p>