

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1. 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: Valley of the Temple (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: Explained S1 Ep 11 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Target Mini Golf (A) 3:30 - Hanafuda (A) National Peanut Butter Lovers Day</p>	<p>2. 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:30 - Shopping: Ross Ewa Beach (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Valley of the Temple (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 - Bingo (A) 3:00 - Korean Drama (MR) National Banana Cream Pie Day</p>	<p>3. 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Nickel Bingo (A) 10:45 - Resident Council (A) 11:00 - Bible Study with Gene and Laurent (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Nickel Bingo (A) 2:30 - Errand Run (U) 3:00 - Tea Time Tuesday (B) 3:30 - Mindful Nature Walk (L) Hinamatsuri</p>	<p>4. 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 - Brian Burchfield Southern Gospel Music Performance (A) 11:15 - Kau Kau Club: El Mariachi Kapolei (S) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Chair Yoga with Hang Zen Yogis (A) 3:00 - Gorgeous Grams Nail Painting (GR) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Marching Music Day</p>	<p>5. 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: Nandings Waipahu (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) National Cheese Doodle Day</p>	<p>6. 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 (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Word Search Hour (FD) 2:00 - Movie: Happy Gilmore 2 (MR) 3:00 - Brain Buster Packs (FD) 7:00 - Friday Night Social with DOMH Mike (B) National Oreo Cookie Day</p>	<p>7. 8:15 - Seated Strength Exercise A (MR) 9:00 - Hydration Recharge (MR) 9:05 - Seated Strength Exercise A (MR) 9:50 - Hydration Recharge (MR) 10:00 - Nickel Bingo (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Roof Beer Floats (A) 2:30 - Hangman Word Game (A) 3:00 - Plaza Casino: Nickel Blackjack (A) National Cereal Day</p>
<p>8. 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) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Kaena Point (S) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: Explained S1 Ep 12 (MR) 2:00 - Music with Dean (A) 2:30 - Errand Run (U) 3:00 - Suspend Game (A) 3:30 - Hanafuda (A) National Oregon Day</p>	<p>9. 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:30 - Shopping: Target Salt Lake (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Crafting with Linda (A) 11:45 - Scenic: Kaena Point (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Men's Club with Bryan (MR) 2:00 - Crafting with Ashleen: St. Patrick's Day Paper Chains (A) 3:00 - Bingo (A) 3:00 - Korean Drama (MR) National Meatball Day</p>	<p>10. 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Manana Elementary School Student Activities (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Nickel Bingo (A) 3:00 - Tea Time Tuesday (B) 3:30 - Mindful Nature Walk (L) National Blueberry Popover Day</p>	<p>11. 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 - Na Wahine O Ka Hula (A) 11:15 - Kau Kau Club: Pho Heaven (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (R) 2:00 - Lei Making with Camrynn (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Waffles Day</p>	<p>12. 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: Ryder's Poke & Shave Ice (U) 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 - Residents Choir Practice (B) 3:00 - Popcorn Bar (B) National Popcorn Lovers Day</p>	<p>13. 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) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Cooking Corner: Shepherd's Pie on Sweet Rolls (A) 3:00 - Ball Drumming Jazzercise with Danicah (MR) 3:00 - Brain Buster Puzzle Packs (FD) 7:00 - Friday Night Social with DOMH Mike (B) National Jewel Day</p>	<p>14. 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 - 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 - Plaza Casino: Nickel Blackjack (MR) National Potato Chip Day</p>
<p>15. 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: Aina Haina (S) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: Explained S1 Ep 13 (MR) 2:00 - Plaza Casino: Blackjack (A) 3:00 - Sign & Shine ASL with Catherine (A) 3:30 - Hanafuda (A) National Kansas Day</p>	<p>16. 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:45 - Shopping: Goodwill Alea (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Aina Haina (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 - Bingo (A) 3:00 - Korean Drama (MR) National Panda Day</p>	<p>17. 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) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Range of Motion Exercise with Camrynn (A) 2:30 - Errand Run (U) 3:00 - Tea Time Tuesday (B) 3:30 - Mindful Nature Walk (L) St. Patrick's Day</p>	<p>18. 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) 10:30 - Birthday Bash (A) 11:15 - Kau Kau Club: Kehau's Kitchen (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Alzheimer's Association Presentation: 10 Warning Signs to Alzheimer and Dementia (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Sloppy Joe Day</p>	<p>19. 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 Group (A) 10:50 - Japanese Speaking Bible Study with Keiko (B) 1:00 - Holoholo: Tanioka's (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) 3:30 - Ice Cream Sundaes (B) National Chocolate Caramel Day</p>	<p>20. 8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Zumba with Annette (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Music with Dave and Friends (A) 3:00 - Ball Drumming Jazzercise with Danicah (MR) 3:00 - Brain Buster Puzzle Packs (FD) 7:00 - Friday Night Social with DOMH Mike (B) National Ravioli Day</p>	<p>21. 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 (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Plaza Casino: Nickel Blackjack (A) 3:00 - History Channel Trivia (A) 3:30 - Hanafuda (A) National Fragrance Day</p>
<p>22. 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: Kualoa Beach Park (S) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: Explained S1 Ep 14 (MR) 2:00 - Music with Dean (A) 2:30 - Errand Run (U) 3:00 - Sign & Shine ASL with Catherine (A) 3:30 - Hanafuda (A) National Goof Off Day</p>	<p>23. 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:45 - Shopping: Best Buy Alea (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Kualoa 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 - Bingo (A) 3:00 - Korean Drama (MR) National Chia Day</p>	<p>24. 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 Gienna (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Adventurous Appetite with Abyjane: Dinuguan (A) 2:30 - Errand Run (U) 3:00 - Sparkling Shamrock Mimosa (B) 3:30 - Mindful Nature Walk (L) National Cocktail Day</p>	<p>25. 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: Jolene's Ewa (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Olaloe Jammers (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) Manatee Appreciation Day</p>	<p>26. 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Steptaculars (A) 1:00 - Holoholo: Fujiya (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) National Spinach Day</p>	<p>27. 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) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Cooking Corner: Irish Pizza (A) 3:00 - Ball Drumming Jazzercise with Danicah (MR) 3:00 - Brain Buster Puzzle Packs (FD) 7:00 - Friday Night Social with DOMH Mike (B) National Scribble Day</p>	<p>28. 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 (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Plaza Casino: Nickel Blackjack (MR) National Something on a Stick Day</p>
<p>29. 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: Palolo Valley (S) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: Explained S1 Ep 14 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Jenga (A) 3:30 - Hanafuda (A) National Pita Day</p>	<p>30. 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:45 - Shopping: Best Buy Alea (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Palolo 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 - Bingo (A) 3:00 - Korean Drama (MR) National Pencil Day</p>	<p>31. 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) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Nickel Bingo (A) 2:30 - Errand Run (U) 3:00 - Tea Time Tuesday (B) 3:30 - Mindful Nature Walk (L) National Crayon 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 3rd – Third Floor GR – Game Room FD – Front Desk B – Bistro L – Lobby LB – Library S – Supervised U – Unsupervised</p>