

MARCH 2023

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 S – Supervised U – Unsupervised FD – Front Desk GR – Game Room</p>		<p>1. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Captel (Caption Phone) Presentation/Game with Susan (A) 11:00 - Kau Kau Club: Pearlridge Food Court (S) 1:00 - Matinee Movie (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Edible: Rice Cake Peanut Butter Owls (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Peanut Butter Lovers Day</p>	<p>2. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 1:00 - Holoholo: Ewa Snack Shop (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 Banana Cream Pie Day</p>	<p>3. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Ukulele Music with Terry B. (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Edible: Hinamatsuri Edamame Maze Gohan (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) Hinamatsuri</p>	<p>4. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (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 - Alarcon Siblings Performance (A) National Marching Day</p>
<p>5. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Alea Loop Trail (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Matinee: Manifest: Episode 10 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: The Price is Right (MR) National Cheese Doodle Day</p>	<p>6. 8:15 - Exercise (A) 9:00 - Shopping: Target Kapolei (U) 9:05 - Exercise (A) 10:00 - Mele Magic (A) 11:30 - Scenic: Alea Loop Trail (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 - Hanafuda (A) 3:00 - Jeopardy Game Show (MR) 3:30 - American Trivia Game (A) National Oreo Cookie Day</p>	<p>7. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Resident Council (A) 10:15 - Hawaii Dance Bomb Silent Disco (A) 1:00 - Hidden Pictures (GR) 2:00 - Pet Therapy with Lii Lii (GR) 2:00 - Japanese Drama Show (MR) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Old Wives Tales Trivia Game (A) National Flapjack Day</p>	<p>8. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 10:00 - Edible: Temaki Hand Roll (A) 11:00 - Kau Kau Club: Bravos (S) 1:00 - Matinee Movie (MR) 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 Pastor John Vaughn (MR) International Women's Day</p>	<p>9. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 10:00 - Music with Michael (A) 1:00 - Holoholo: Leonard's Malasadas (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 Meatball Day</p>	<p>10. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Kupuna Mele (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Hanafuda (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Blueberry Popover Day</p>	<p>11. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (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 - Hangman Word Game (A) National Johnny Appleseed Day</p>
<p>12. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Chinatown (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Matinee: Manifest: Episode 11 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Sports (MR) National Plant A Flower Day</p>	<p>13. 8:15 - Exercise (MR) 9:00 - Shopping: Time's PC (U) 9:05 - Exercise (MR) 10:00 - Crafting with Linda (A) 11:30 - Scenic: Chinatown (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 - Hanafuda (A) 3:00 - Jeopardy Game Show (MR) 3:00 - Wii: Guess in 10 Brain Game (A) National Jewel Day</p>	<p>14. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - 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 - Hangman Word Game (A) National Learn About Butterflies Day</p>	<p>15. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Music with Michael K (A) 11:00 - Bento: Blaisdell Park (S) 1:00 - Matinee Movie (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Olaloa Jammers (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Kansas Day</p>	<p>16. 8:15 - Exercise (A) 9:05 - Exercise (A) 9:30 - Karaoke Gang (A) 12:45 - Holoholo: Wholefoods (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 Panda Day</p>	<p>17. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Ukulele Music with Terry B. (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Zumba with Annette (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - St. Patty's Bingo Hour (A) St. Patrick's Day</p>	<p>18. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Hank the Singing Dutchman (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Fuzion Fitness Seated Zumba (MR) 2:00 - I Should've Known That Trivia Game (A) 3:00 - 7th Day Adventist Choir (A) National Corn Dog Day</p>
<p>19. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Lanikai Beach (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Matinee: Manifest: Episode 12 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Wheel of Fortune (MR) National Let's Laugh Day</p>	<p>20. 8:15 - Exercise (A) 9:00 - Shopping: Safeway Waikale (U) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:30 - Scenic: Lanikai 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 - Hanafuda (A) 3:00 - Jeopardy Game Show (MR) 3:30 - American Trivia Game (A) Spring Begins Day</p>	<p>21. 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 - Errand Run (U) 2:30 - Tea Time Tuesday (A) 3:00 - Seated Whole Body Exercise (MR) 3:00 - Old Wives Takes Trivia Game (A) National Fragrance Day</p>	<p>22. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 10:00 - Joyful Ohana (A) 11:00 - Kau Kau Club: Ka Makana Alii Food Court (S) 1:00 - Matinee Movie (MR) 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 Pastor John Vaughn (MR) National Goof Off Day</p>	<p>23. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 10:00 - Music with Michael (A) 1:00 - Holoholo: Baldwin's Snack Shop (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 Puppy Day</p>	<p>24. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Music with Dean (A) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Hanafuda (A) 2:00 - Mocktail Pop-Up Bar (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Cocktail Day</p>	<p>25. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Zumba with Annette (A) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Game: Suspend (A) 2:00 - Gorgeous Grams Nail Painting (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - Hangman Word Game (A) National Medal of Honor Day</p>
<p>26. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi (A) 12:45 - Scenic: Kalihi Valley (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Matinee: Manifest: Episode 13 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Family Feud (MR) National Spinach Day</p>	<p>27. 8:15 - Exercise (A) 9:30 - Shopping: TJ Maxx PC (U) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:30 - Scenic: Kalihi 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 - Hanafuda (A) 3:00 - Jeopardy Game Show (MR) 3:30 - Guess in 10 Game (A) National Joe Day</p>	<p>28. 8:15 - Exercise (MR) 9:05 - Exercise (MR) 10:00 - Silver Foxes (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) National Something On A Stick Day</p>	<p>29. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Bingo (A) 11:00 - Kau Kau Club: Pier 38 Nico's (S) 1:00 - Matinee Movie (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Plaza Casino: Blackjack (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with Pastor John Vaughn (MR) National Nevada Day</p>	<p>30. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Senior Moments (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 Virtual Vacation Day</p>	<p>31. 8:15 - Exercise (A) 9:05 - Exercise (A) 10:00 - Inspirational Music with Wally (A) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Hanafuda (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Crayon Day</p>	