The Plaza at Kaneohe - IL & AL Sunday Friday Monday Tuesday Wednesdav Thursday Saturday National Bean Day **HAPPY NEW YEAR! ↑** National Drinking Straw Day National Trivia Day **National Cream Puff Day** National Whipped Cream Day 6 8:00 🖨 Medical Shuttle -8:00 A Medical Shuttle -9:00 ♥ Flow Exercise 8:00 A Medical Shuttle -9:00 ♥ Flow Exercise 9:00 ♥ Flow Exercise Windward 9:40 **Qi** Gong West Side Honolulu 9:40 **Qi** Gong 9:40 **Qi** Gong 9:00 ♥ Flow Exercise 10:15 ♥ Strength Training with Weights 9:00 ♥ Flow Exercise 9:00 ♥ Flow Exercise 1:00 ♥ Flow Exercise 10:15 ♥ Strength Training with 10:00 Balance, Stretching and Toning 1:00 ♥ Flow Exercise 9:30 **Luk Tung Kuen** 9:40 **Qi** Gong 1:30 💂 Scenic Ride Weights 10:15 🁺 Pet Visits 1:30 **Excursion** 10:15 ♥ Strength Training with 10:00 🌣 Trivial Pursuit Game 1:40 Silver Sneakers Workout 1:00 ♥ Flow Exercise 1:40 Silver Sneakers Workout 1:00 ♥ Flow Exercise Weights 1:00 ♥ Flow Exercise (improve your cardio) 1:30 A Shopping Trip (improve your cardio) 1:40 Silver Sneakers Workout 1:40 Silver Sneakers Workout 1:00 ♥ Flow Exercise 2:00 Movie: A Good Person (PT) 1:40 Silver Sneakers Workout 2:00 Wednesday Matinee : Family (improve your cardio) 1:40 Silver Sneakers Workout (improve your cardio) Switch (NF) 2:15 👺 BINGO (improve your cardio) 2:00 Movie: The Last Right (PT) (improve your cardio) 2:30 Coffee and Me Performance 2:15 🁺 BINGO 2:15 🁺 BINGO 4:30 E Catholic Mass 2:15 🁺 POKENO Raw Enforcement Appreciation Day National Argyle Day **Houseplant Appreciation Day National Milk Day** 12 National Rubber Duckie Day 9:00 Flow Exercise **National Tempura Day** National Hot Tea Day 8:00 🖨 Medical Shuttle -9:00 ♥ Flow Exercise 9:00 Flow Exercise 8:00 🖨 Medical Shuttle -9:00 ♥ Flow Exercise 9:00 ♥ Flow Exercise Windward 8:00 🖨 Medical Shuttle - West 9:40 **Qi** Gong Honolulu 9:30 🖨 Shopping in 9:40 **Qi** Gong 9:40 **Qi** Gong 10:15 ♥ Strength Training with Weights 9:00 ♥ Flow Exercise Side 9:00 ♥ Flow Exercise Kaneohe 10:15 9 Bead Art Class 10:15 ♥ Strength Training with 10:30 🙀 Planting Party 9:00 Flow Exercise 10:00 Balance, Stretching and Toning 9:40 • Qi Gong 9:40 • Qi Gong 1:00 Flow Exercise 1:00 ♥ Flow Exercise Weights 10:15 ♥ Strength Training with Weights 10:15 👺 Pet Visits 10:30 E Live Stream: New Hope Video 10:15 • Music and Movement with 1:30 🖨 Excursion 10:30 Jon Koki Musical Performance 1:00 ♥ Flow Exercise 1:30 Scenic Ride 11:00 / Buddhist Services Service (Media Room) Joslyn 1:40 Silver Sneakers Workout (improve 1:00 Flow Exercise 1:00 Flow Exercise 1:40 Silver Sneakers Workout 1:40 Silver Sneakers Workout 11:00 / St. Ann's Church Shuttle your cardio) 1:00 ♥ Flow Exercise 1:40 Silver Sneakers Workout 1:30 Shopping Trip (improve your cardio) (improve your cardio) 2:00 Wednesday Matinee : Think Like A 1:40 Silver Sneakers Workout 1:00 ♥ Flow Exercise (improve your cardio) 1:40 Silver Sneakers Workout Dog (NF) 2:00 Movie: Windtalkers (PT) 2:00 Movie: Snow Day (PT) (improve your cardio) 1:40 Flow Exercise 2:00 Resident Council (improve your cardio) 2:15 🎇 BINGO 2:15 🎇 BINGO 2:15 🁺 POKENO 2:00 Movie: Starfish (PT) 2:15 🎇 BINGO 2:15 🁺 POKENO National Disc Jockey Day **Betty White Day National Hot Pastrami** Martin Luther King, Jr. Day National Fig Newton Day National Winne The Pooh Day **National Popcorn Day** 9:00 Flow Exercise Sandwich Day **National Day** 8:00 Medical Shuttle 8:00 A Medical Shuttle -9:00 ♥ Flow Exercise 9:00 ♥ Flow Exercise 9:40 **Qi** Gong Honolulu 9:00 ♥ Flow Exercise 8:00 🖨 Medical Shuttle -West Side 9:40 • Qi Gong 9:40 • Qi Gong 10:15 Strength Training with Weights 9:00 ♥ Flow Exercise Windward 9:30 A Shopping in Kaneohe 9:00 ♥ Flow Exercise 10:15 5 Musical Performance: Hank 10:15 Strength Training with 12:00 🚻 Kau Kau Club 9:00 Flow Exercise 9:40 • Oi Gona 9:40 **Qi** Gong 10:15 • Fun with Tie Dye **The Singing Dutchman** 1:00 ♥ Flow Exercise Weights 10:00 Starbucks Friends 10:00 Balance, Stretching and Toning 10:15 ♥ Strength Training with 10:30 🗐 Live Stream: New Hope Video 1:00 ♥ Flow Exercise 1:30 Excursion 1:00 ♥ Flow Exercise 10:15 Silent Disco: Hawaii Dance Bomb 10:15 🁺 Pet Visits Service (Media Room) Weights 1:40 Silver Sneakers Workout (improve 1:30 Scenic Ride 1:00 ♥ Flow Exercise 1:40 Silver Sneakers Workout 1:00 Flow Exercise 11:00 St. Ann's Church Shuttle your cardio) 1:00 ♥ Flow Exercise 1:40 Silver Sneakers Workout 1:40 Silver Sneakers Workout (improve your cardio) 1:30 🖨 Shopping Trip 2:00 Wednesday Matinee : Hope Springs 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: Jurassic Park (PT) (improve your cardio) 2:00 Movie: Papaw Land (PT) 1:40 Flow Exercise (improve your cardio) 2:15 🁺 POKENO 2:15 👺 BINGO 2:15 🁺 POKENO 2:00 Movie: The Dressmaker (PT) 2:15 👺 BINGO 2:15 🁺 BINGO National Peanut Brittle Day **National Granola Bar Day National Hot Sauce Day National Pie Day National Compliment Day** National Opposite Day National Chocolate Cake Day 9:00 ♥ Flow Exercise 9:00 ♥ Flow Exercise 8:00 A Medical Shuttle -8:00 A Medical Shuttle - West 9:00 ♥ Flow Exercise 9:00 Flow Exercise 8:00 A Medical Shuttle -Windward 9:40 • Oi Gong Side 9:30 Shopping in Kaneohe 9:40 **Qi** Gong 9:40 **Qi** Gong Honolulu 9:00 ♥ Flow Exercise 9:00 ♥ Flow Exercise 10:15 Strength Training with Weights 9:40 **Qi** Gong 10:15 5 Musical Performance: Dean 10:15 ♥ Strength Training with 9:00 ♥ Flow Exercise 10:00 Balance, Stretching and Toning 10:15 ♥ Strength Training with Weights 1:00 ♥ Flow Exercise 10:30 E Live Stream: New Hope Video Hirata Weights 9:40 **Qi** Gong Service (Media Room) 10:15 🁺 Pet Visits 10:30 **Musical Performance: Roy** 1:30 **Excursion** 1:00 Flow Exercise 1:00 ♥ Flow Exercise Hamada 11:00 / St. Ann's Church Shuttle 1:00 ♥ Flow Exercise 1:00 ♥ Flow Exercise 1:40 Silver Sneakers Workout 1:30 🖨 Scenic Ride 1:40 Silver Sneakers Workout 1:00 ♥ Flow Exercise 1:00 ♥ Flow Exercise 1:30 A Shopping Trip (improve your cardio) 1:40 Silver Sneakers Workout 1:40 Silver Sneakers Workout (improve your cardio) 1:40 Silver Sneakers Workout 1:40 Silver Sneakers Workout 2:00 Wednesday Matinee: The Last 1:40 Flow Exercise (improve your cardio) 2:00 Movie: The Blue Miracle (NF) (improve your cardio) 2:00 Movie: The Wolf and the Lion (improve your cardio) (improve your cardio) Right (PT) 2:15 🁺 POKENO 2:00 Movie: (PT) 2:15 🁺 BINGO 2:15 **POKENO** 2:15 👺 BINGO 2:15 🁺 BINGO National Puzzle Day 8:00 Medical Shi National Inspire your Heart with 31 **National Lego Day National Croissant Day** 8:00 🖨 Medical Shuttle -Art Day 9:00 ♥ Flow Exercise 8:00 A Medical Shuttle -Happy New Year to our **ACTIVITIES** 9:00 ♥ Flow Exercise Windward 9:30 🖨 Shopping in West Side 9:00 ♥ Flow Exercise 9:40 • Qi Gong Plaza Ohana. Kaneohe **ARE** 9:00 ♥ Flow Exercise 10:00 W Balance, Stretching and Toning 10:15 ♥ Strength Training with Weights 9:40 **Qi** Gong 10:15 💙 Strength Training with 10:15 🁺 Pet Visits 1:00 ♥ Flow Exercise Best wishes for a **SUBJECT** 10:30 🗐 Live Stream: New Hope Video Weights 10:15 ద Puzzle Art Craft 1:30 Excursion Service (Media Room) happy, healthy and safe TO 1:00 Flow Exercise 1:00 ♥ Flow Exercise 1:40 Silver Sneakers Workout 11:00 St. Ann's Church Shuttle (improve your cardio) 1:30 Shopping Trip 1:40 Silver Sneakers Workout 2024 **CHANGE** 1:00 ♥ Flow Exercise 1:40 Silver Sneakers Workout 2:00 Wednesday Matinee: A Week (improve your cardio) 1:40 Flow Exercise Away (NF) (improve your cardio) 2:15 🁺 POKENO 2:00 Movie: 2:15 👺 BINGO 2:15 🁺 BINGO