HEPLAZA CO25

at F						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Van Departures	KEY		1-			1. 8:15 - Seated Strength Exercise A (A)
						9:00 - Hydration Recharge (A)
Please meet in	A – Activity Room					9:05 - Seated Strength Exercise A (A)
riedse meet m	MR – Media Room	1105				
+b = l = b b 1 F	3 rd – Third Floor	HAP	PY			9:50 - Hydration Recharge (A)
the lobby 15	GR - Game Room			18.81		10:00 - Nickel Bingo (A)
		0. 6 h	94	40201	\sim	1:00 - Guid <mark>ed</mark> Meditation (MR)
minutes prior	FD – Front Desk	1 2 8				1:00 - Creative Coloring (A)
	B – Bistro	awa	CIC CONTRACTOR			1:30 - Aromatherapy Hand Massage (A)
to all van	S – Supervised					2:00 - Plaza Casino: Blackjack (A)
to all vall	U – Unsupervised	A. C. A. C. A.			· ·	3:00 - 500 Trivia Questions Game (A)
	• or isopervised					02, 32
departures.					· A DD	3:30 - Hanafuda (A)
2.	3.	4	5.	6	7	National Sunkist Citrus Day 8.
8:15 - Seated Strength Exercise A (A)	8:15 - Circuit Training A (3rd)	8:15 - Circuit Training B (3rd)	7:30 - Excursion: Ala Wai Genki Ball Tossing	8:15 - Circuit Training A (3rd)	8:15 - Circuit Training B (3rd)	8:15 - Seated Strength Exercise A (A)
9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (3rd)	with Aliamanu Middle School (S)	9:00 - Hydration Recharge (3rd)	9:00 Hydration Pecharge (3rd)	9:00 - Hydration Recharge (A)
9:50 - Hydration Recharge (A)	9:00 - Shopping: H-Mart Pearl City (U)	9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd)	8:15 - Seated Strength Exercise B (A)	9:05 - Circuit Training A (3rd)	9:00 - Hydration Recharge (3rd)	9:05 - Seated Strength Exercise A (A)
10:00 - Nickel Bingo (A)	9:05 - Circuit Training A (3rd)	10:15 - Resident Council (A)	9:00 - Hydration Recharge (A)	9:50 - Hydration Recharge (3rd)	9:05 - Circuit Training B (3rd)	9:50 - Hydration Recharge (A)
11:00 - Pet Therapy with Chibi and Wicket (A)	9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A)	10:30 - Nickel Bingo (A)	9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A)		0 54 0 1 0 1 1	10:00 - Activities with Grace and
11:00 - Word of Life Christian Online	11:45 - Scenic: Kualoa Beach Park (S)	11:00 - Bible Study with Gene and	10:00 - Bingo (A)	10:00 - Senior Moments (A)	9:50 - Hydration Recharge (3rd)	Friends (A)
Service (MR)	1:00 - Word Search Hour (GR)	Laurent (MR)	11:00 - Kau Kau Club: 604 Restaurant Ewa (S)	1:00 - Holoholo: Island Manapua Factory	10:00 - Seated Strength Exercise B (A)	1:00 - Guided Meditation (MR)
12:45 - Scenic: Kualoa Beach Park (S) 1:00 - Hidden Pictures (A)	1:30 - Aromatherapy Hand Massage (GR)	1:00 - Hidden Pictures (A)	1:00 - Creative Coloring (A)	Gulick (U)		1:00 - Creative Coloring (GR)
1:30 - Aromatherapy Hand Massage (A)	2:00 - Men's Club with Bryan (MR)	2:00 - Movie: La Dolce Villa (MR) 2:00 - Tea Time Tuesday (A)	1:30 - Aromatherapy Hand Massage (A)	2:00 - Crafting with Kristia (A)	1:00 - Hidden Pictures (GR)	1:30 - Aromatherapy Hand Massage (GR)
2:00 - Documentary: History 101 Ep 7 (MR)	2:00 - Bracelet Beading (A)	2:30 - Mindful Nature Walk (L)	2:00 - Craft: St. Patrick's Wind Chimes (A)	2:30 - Errand Run (U)	2:00 - Word Search Hour (GR)	2:00 - Strength and Balance Fuzion
2:00 - Zumba with Annette (A) 2:30 - Errand Run (U)	3:00 - Book Club Reading with CeCe (A)	2:30 - Errand Run (U)	3:00 - Gorgeous Grams Nail Painting (A)	3:00 - Chair Yoga Dance Exercise (MR)	2.00 - Word Sedicti Hoor (GK)	
3:00 - Jenga (A)	3:00 - Korean Drama (MR)	3:00 - Stuff You Should Know Trivia (A)	3:00 - Praise and Bible Study with First	3:00 - Residents Choir Practice (B)	3:00 - Brain Buster Puzzle Packs (FD)	Fitness with Daniel (A)
3:30 - Hanafuda (A)	3:00 - Old Wives Tale Trivia Game (A)	3:30 - Hanafuda (A)	Baptist Pearl City Church (MR)	V-7		3:00 - Nickel Bingo (A)
National Banana Cream Pie Day 9.	National Soup It Forward Day 10.	Mardi Gras	National Cheese Doodle Day 12.	National Oreo Cookie Day 13.	National Dress In Blue Day 14.	National Oregon Day 15.
8:15 - Seated Strength Exercise A (A)	8:15 - Circuit Training A (3rd)	8:15 - Circuit Training B (3rd)	8:15 - Seated Strength Exercise B (A)	8:15 - Circuit Training A (3rd)	8:15 - Circuit Training B (3rd)	8:15 - Seated Strength Exercise A (A)
9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)
9:50 - Hydration Recharge (A)	9:00 - Shopping: Marukai (U)	9:05 - Circuit Training B (3rd)	9:05 - Seated Strength Exercise B (A)	9:05 - Circuit Training A (3rd)	9:05 - Circuit Training B (3rd)	9:05 - Seated Strength Exercise A (A)
10:00 - Plaza Casino: Blackjack (MR)	9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (3rd) 10:00 - Hawaii Dance Bomb Silent Disco (A)	9:50 - Hydration Recharge (A)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (A) 10:00 - Talk Story with Pageant Title
11:00 - Pet Therapy with Chibi and	10:00 - Crafting with Linda (A)	11:00 - Bible Study with Gene and	10:00 - Bingo (A)	9:30 - Karaoke Gang (A)	10:00 - Music with Michael (A)	Holder Kelli Pagan (Library)
Wicket (A) 11:00 - Word of Life Christian Online	11:45 - Scenic: Yokohama Bay (S)	Laurent (MR)	10:30 - Kau Kau Club: Waiahole Poi Factory (S)	1:00 - Holoholo: Island Popper Gourmet	1:00 - Hidden Pictures (MR)	10:00 - Zumba with Annette (A)
Service (MR)	1:00 - Word Search Hour (A)	1:00 - Hidden Pictures (A)	1:00 - Creative Coloring (A)	Popcorn (U)	1:30 - Aromatherapy Hand Massage (MR)	1:00 - Guided Meditation (MR)
12:45 - Scenic: Yokohama Bay (S)	1:30 - Aromatherapy Hand Massage (A)	2:00 - Movie: Heart of Champions (MR)	1:30 - Aromatherapy Hand Massage (A)	1:00 - Word Search Hour (A)	2:00 - Craft: Tissue Paper Shamrock	1:00 - Creative Coloring (GR)
1:00 - Hidden Pictures (GR)	2:00 - Men's Club with Bryan (MR)	2:00 - Tea Time Tuesday (A)	2:00 - Birthday Card Creation Club (A)	1:30 - Aromatherapy Hand Massage (A)	Suncatcher (MR)	1:30 - Aromatherapy Hand Massage (GR)
1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: History 101 Ep 8 (MR)	2:00 - Bracelet Beading (A)	2:30 - Mindful Nature Walk (L)	3:00 - Gorgeous Grams Nail Painting (A)	2:00 - Crafting with Kristia (A)	3:00 - Brain Buster Puzzle Packs (FD)	2:00 - Nickel Bingo (A)
2:00 - Matt Barber Music Performance (A)	3:00 - Book Club Reading with CeCe (A)	2:30 - Errand Run (U)	3:00 - Praise and Bible Study with First	2:30 - Errand Run (U)	3:00 - Ball Drumming Jazzercise with	3:00 - New Horizon Chair Exercises (MR)
2:30 - Errand Run (U)	3:00 - Korean Drama (MR)	3:00 - Who Knows Geography Better Game (A)		3:00 - Chair Yoga Dance Exercise (MR)	As a made	3:00 - Hangman Word Game (A)
3:00 - Nickel Bingo (A)	3:30 - Guess in 10 Trivia Game (A)	3:30 - Hanafuda (A)	Baptist Pearl City Church (MR)	3:00 - Residents Choir Practice (B)	Danicah (A)	3:30 - Hanafuda (A)
National Crab Meat Day	National Mario Day	National Oatmeal Nut Waffles Day	National Plant A Flower Day	National Jewel Day	National Learn About Butterflies Day	National Kansas Day

have suggestions, comments, or questions

out activities. Please note that all activities and times are subject to change.

We hope you will join us for these activities! Please speak with your activities

MARCH 2025

	at Pe	arl City					
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	16. 8:15 - Seated Strength Exercise A (A)	17. 8:15 - Circuit Training A (3rd)	18. 8:15 - Circuit Training B (3rd)	19. 8:15 - Seated Strength Exercise B (A)	20. 8:15 - Circuit Training A (3rd)	21. 8:15 - Circuit Training B (3rd)	22. 8:15 - Seated Strength Exercise A (A)
	9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)
N	9:05 - Seated Strength Exercise A (A)	9:00 - Shopping: Safeway Waikele (U)	9:05 - Circuit Training B (3rd)		9:05 - Circuit Training A (3rd)		
0	9:50 - Hydration Recharge (A)	9:05 - Circuit Training A (3rd)	9:50 - Hydration Recharge (3rd)	9:05 - Seated Strength Exercise B (A)		9:05 - Circuit Training B (3rd)	9:05 - Seated Strength Exercise A (A)
	10:00 - Plaza Casino: Blackjack (MR)	9:50 - Hydration Recharge (3rd)	10:00 - Seated Strength Exercise A (A)	9:50 - Hydration Recharge (A)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (A)
N	11:00 - Pet Therapy with Chibi and	10:00 - Seated Strength Exercise B (A)	11:00 - Bible Study with Gene and	10:00 - Music with Mike Kahue (A)	10:00 - Mellow Friends Karaoke Group (A)	10:00 - Music Performance with Glenna	10:00 - Nickel Bingo (A)
9	Wicket (A) 11:00 - Word of Life Christian Online	11:45 - Scenic: Tantalus (S)	Laurent (MR)	11:00 - Kau Kau Club: Zippy's Waipio (S)	10:50 - Japanese Speaking Bible Study	and Dave (A)	1:00 - Guided Meditation (MR)
	Service (MR)	1:00 - Word Search Hour (A)	1:00 - Hidden Pictures (A)	1:00 - Creative Coloring (A)	with Keiko (B)	1:00 - Hidden Pictures (MR)	1:00 - Creative Coloring (A)
	12:45 - Scenic: Tantalus (S)	1:30 - Aromatherapy Hand Massage (A)	2:00 - Movie: The Union (MR)	1:30 - Aromatherapy Hand Massage (A)	1:00 - Holoholo: Ulu Mana Chip Factory (U)	1:30 - Aromatherapy Hand Massage (MR)	1:30 - Aromatherapy Hand Massage (A)
М	1:00 - Hidden Pictures (MR)	2:00 - Men's Club with Bryan (MR)	2:00 - Tea Time Tuesday (A)		1:00 - Word Search Hour (A)		
10	1:30 - Aromatherapy Hand Massage (MR)	2:00 - St. Patrick's Day Bingo (A)	2:30 - Mindful Nature Walk (L)	2:00 - Craft: Beaded Shamrock Suncatcher (A)	1:30 - Aromatherapy Hand Massage (A)	2:00 - Plaza Casino: Blackjack (MR)	2:00 - Plaza Casino: Blackjack (A)
	2:00 - Documentary: History 101 Ep 9 (MR)	3:00 - Book Club Reading with CeCe (A)	2:30 - Errand Run (U)	3:00 - Gorgeous Grams Nail Painting (A)	2:00 - Crafting with Kristia (A)	3:00 - Brain Buster Puzzle Packs (FD)	3:00 - Fuzion Fitness Seated Zumba MR)
	2:00 - Nickel Bingo (A)	3:00 - Korean Drama (MR)	3:00 - Stuff You Should Know Trivia (A)	3:00 - Praise and Bible Study with First	3:00 - Chair Yoga Dance Exercise (MR)	3:00 - Ball Drumming Jazzercise with	3:00 - 500 Trivia Questions Game (A)
	2:30 - Errand Run (U) 3:00 - Music with Dean (A)	3:30 - Old Wives Tale Trivia Game (A)	3:30 - Hanafuda (A)	Baptist Pearl City Church (MR)	3:00 - Residents Choir Practice (B)	Danicah (A)	3:30 - Hanafuda (A)
	National Panda Day	St. Patrick's Day	National Sloppy Joe Day	National Let's Laugh Day	National Ravioli Day	National Memory Day	National West Virginia Day
	23. 8:15 - Seated Strength Exercise A (A)	24. 8:15 - Circuit Training A (3rd)	25. 8:15 - Circuit Training B (3 rd)	26. 8:15 - Seated Strength Exercise B (A)	27. 8:15 - Circuit Training A (3rd)	28. 8:15 - Circuit Training B (3rd)	29. 8:15 - Seated Strength Exercise A (A)
	9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (3rd)	9:00 - Hydration Recharge (A)
1	9:05 - Seated Strength Exercise A (A)	9:00 - Shopping: Tokyo Central Kailua (U)	9:05 - Circuit Training B (3rd)	9:05 - Seated Strength Exercise B (MR)	9:05 - Circuit Training A (3rd)		9:05 - Seated Strength Exercise A (A)
1	9:50 - Hydration Recharge (A)	9:05 - Circuit Training A (3rd)	9:50 - Hydration Recharge (3rd)	Marketine Committee of the Committee of	9:50 - Hydration Recharge (3rd)	9:05 - Circuit Training B (3rd)	
	10:00 - Nickel Bingo (A)	9:50 - Hydration Recharge (3rd)	10:00 - Seated Strength Exercise A (A)	9:50 - Hydration Recharge (MR)		9:50 - Hydration Recharge (3rd)	9:50 - Hydration Recharge (A)
	11:00 - Pet Therapy with Chibi and Wicket (A)	10:00 - Seated Strength Exercise B (A)	11:00 - Bible Study with Gene and	10:00 - Hank the Singing Dutchman (A)	10:00 - Seated Strength Exercise A (A)	10:00 - Inspirational Music with Wally (A)	10:00 - Pageant Title Holders' Variety
	11:00 - Word of Life Christian Online	11:45 - Scenic: Kunia Road (S)	Laurent (MR)	11:00 - Kau Kau Club: Elena's Filipino Food (\$)	1:00 - Holoholo: Honolulu Cookie		Show (A)
1	Service (MR)	1:00 - Word Search Hour (A)	1:00 - Hidden Pictures (A)	1:00 - Creative Coloring (A)	Company Sand Island (U)	1:00 - Hidden Pictures (GR)	1:00 - Guided Meditation (MR)
	12:45 - Scenic: Kunia Road (S)	1:30 - Aromatherapy Hand Massage (A)	2:00 - Movie: Rush Hour (MR)	1:30 - Aromatherapy Hand Massage (A)	1:00 - Word Search Hour (A)	1:30 - Aromatherapy Hand Massage (GR)	1:00 - Creative Coloring (MR)
	1:00 - Hidden Pictures (A)	2:00 - Men's Club with Bryan (MR)	2:00 - Tea Time Tuesday (A)		1:30 - Aromatherapy Hand Massage (A)	2:00 - Bingo (A)	
	1:30 - Aromatherapy Hand Massage (A)	2:00 - Bracelet Beading (A)	2:30 - Mindful Nature Walk (L)	2:00 - Birthday Card Creation Club (A)	2:00 - Crafting with Kristia (A)	3:00 - Brain Buster Puzzle Packs (FD)	1:30 - Aromatherapy Hand Massage (MR)
	2:00 - Documentary: History 101 Ep 10 (MR)	3:00 - Book Club Reading with CeCe (A)	2:30 - Errand Run (U)	3:00 - Gorgeous Grams Nail Painting (A)	2:30 - Errand Run (U)	5.50 Brain Boster Fozzle Facks (FB)	2:00 - Music with Dean (A)
	2:00 - Plaza Casino: Blackjack (A)	3:00 - Korean Drama (MR)	3:00 - Who Knows Geography Better Game (A)	3:00 - Praise and Bible Study with First	3:00 - Chair Yoga Dance Exercise (MR)	3:00 - Ball Drumming Jazzercise with	3:00 - Fuzion Fitness Seated Zumba MR)
	3:30 - Suspend Game (A) 3:30 - Hanafuda (A)	3:30 - I Should've Known That Trivia Game (A)	3:30 - Hanafuda (A)	Baptist Pearl City Church (MR)	3:00 - Residents Choir Practice (B)	Danicah (MR)	3:00 - Nickel Bingo (A)
	National Puppy Day	National Cocktail Day	National Medal of Honor Day	National Spinach Day	National Scribble Day	National Something on a Stick Day	National Nevada Day
	30.	31.			and the state of	_	in a consequence of the description of the first of the
-	8:15 - Seated Strength Exercise A (A)	8:15 - Circuit Training A (3rd)				A	
	9:00 - Hydration Recharge (A)	9:00 - Hydration Recharge (3rd)				600	
	9:05 - Seated Strength Exercise A (A)	9:00 - Shopping: Seafood City Waipahu (U)				A (6.29)	
1	9:50 - Hydration Recharge (A)	9:05 - Circuit Training A (3rd)			An an		
VA	10:00 - Nickel Bingo (A)	9:50 - Hydration Recharge (3rd)	W /			CA CA	
	11:00 - Pet Therapy with Chibi and Wicket (A)	10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Kapahulu (S)	Control of the second	5		CA CA	
	11:00 - Word of Life Christian Online	1:00 - Word Search Hour (A)				1	
	Service (MR)	1:30 - Aromatherapy Hand Massage (A)					
	12:45 - Scenic: Kapahulu (S)	2:00 - Men's Club with Bryan (MR)	768 %				
	1:00 - Hidden Pictures (A)	2:00 - Crafting with Sandra from Pearl City		W 740			
	1:30 - Aromatherapy Hand Massage (A)	Library (A)		+			
	2:00 - Documentary: History 101 S2 Ep 1 (MR)	3:00 - Book Club Reading with CeCe (A)					
	2:00 - Plaza Casino: Blackjack (A)	3:00 - Korean Drama (MR)					

3:00 - Wii: Sports (MR)

National Virtual Vacation Day

3:30 - I Should've Known That Trivia Game (A)

National Crayon Day