


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	April Fool's Day 1 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 11:00 📖 Buddhist Services 1:00 ❤️ Flow Exercise 1:30 🚗 Shopping Trip 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:15 🎮 BINGO	Children's Book Day 2 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎮 POKENO 3:00 🎮 Victory Hawaii Church Bingo	Find a Rainbow Day 3 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 10:30 🎵 Musical Performance with Kauai 1:00 ❤️ Flow Exercise 1:30 🚗 Excursion 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 Wednesday Matinee : First Knight (NF) 2:15 🎮 BINGO	Walk Around Things Day 4 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎮 POKENO	Deep Dish Pizza Day 5 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎵 Na Kupuna O Ko'olau 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 Movie: Staircase (YouTube) 2:15 🎮 BINGO	National Tartan Day 6 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎮 Movie: National Treasure (PT) 4:30 📖 Catholic Mass	
	World Health Day 7 9:00 ❤️ Flow Exercise 9:30 🚗 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 Movie: Walk. Ride. Rodeo. (NF)	Zoo Lover's Day 8 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 1:00 ❤️ Flow Exercise 1:30 🚗 Shopping Trip 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:15 🎮 BINGO	Winston Churchill Day 9 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 Qi Gong 10:15 ❤️ Strength Training with Weights 10:30 🎵 Jon Koki Musical Performance 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎮 Resident Council 2:30 🎮 POKENO	Safety Pin Day 10 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🏠 Stained Glass Craft 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 🚗 Excursion 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 Wednesday Matinee : The Vow (NF) 2:15 🎮 BINGO	National Pet Day 11 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 10:15 🎵 Music and Movement with Joslyn 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎮 POKENO	Walk on Your Wild Side Day 12 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 Movie: Noah (PT) 2:15 🎮 BINGO	Scrabble Day 13 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎮 Movie: Vicky & Her Mystery (NF)
	International Moment of Laughter Day 14 9:00 ❤️ Flow Exercise 9:30 🚗 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 Movie: 27 Dresses (NF)	World Art Day 15 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 1:00 ❤️ Flow Exercise 1:30 🚗 Shopping Trip 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:15 🎮 BINGO	National Bean Counter Day 16 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎮 POKENO 3:00 🎮 Victory Hawaii Church Bingo	International Haiku Poetry Day 17 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌿 Succulent Felt Craft 10:30 ❤️ Strength Training with Weights 12:00 🎵 Kau Kau Club 1:00 ❤️ Flow Exercise 1:30 🚗 Excursion 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 Wednesday Matinee : Parkland (PT) 2:15 🎮 BINGO	National High Five Day 18 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 10:00 🎮 Bingo with Starbuck Friends 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎮 POKENO	National Hanging Out Day 19 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎵 Musical Performance : Hank the Singing Dutchman 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 Movie: Ratatouille (PT) 2:15 🎮 BINGO	Look Alike Day 20 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎮 Movie: Where The Track End (NF)
	Kindergarten Day 21 9:00 ❤️ Flow Exercise 9:30 🚗 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 Movie: The Lighthouse of Orca (NF)	Earth Day 22 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 🎮 BINGO 10:00 🎵 Mellow Friends Karaoke 10:15 🐾 Pet Visits 1:00 ❤️ Flow Exercise 1:30 ❤️ Balance, Stretching and Toning 1:30 🚗 Shopping Trip 2:00 Staff Meeting	National Picnic Day 23 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 10:30 🎵 Musical Performance: Roy Hamada 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎮 POKENO	Administrative Professional's Day 24 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:30 🎵 Musical Performance with Kauai 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 🚗 Excursion 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 Wednesday Matinee : Fatherhood (NF) 2:15 🎮 BINGO	World Penguin Day 25 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 10:00 🎵 Steptaculars 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎮 POKENO 6:30 🎮 Alzheimer Caregiver Support Group	Arbor Day 26 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎵 Musical Performance: Dean Hirata 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 Movie: I Am Somebody's Child (YouTube) 2:15 🎮 BINGO	Tell a Story Day 27 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎮 Movie: Boss Baby (NF)
	Kiss Your Mate Day 28 9:00 ❤️ Flow Exercise 9:30 🚗 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 Movie: My All American (NF) 5:00 Family Game Night	International Dance Day 29 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 1:00 ❤️ Flow Exercise 1:30 🚗 Shopping Trip 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:15 🎮 BINGO	National Mahjong Day 30 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎮 POKENO	<p>Ue ka lani, ola ka honua</p> <p><i>"When it rains, the earth thrives."</i></p>			<p><i>Activities are subject to change</i></p>