


Sunday Monday Tuesday Wednesday Thursday Friday Saturday



<p><b>April Fools Day</b> <span style="float: right; font-size: 2em; color: red;">1</span></p> <p>8:00 🚗 Medical Shuttle - West Side</p> <p>9:30 <b>Luk Tung Kuen</b></p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🎧 <b>Silent Disco: Hawaii Dance Bomb</b></p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>1:45 🚗 Scenic Ride</p> <p>2:00 ❤️ Circuit "B" Training</p> <p>2:45 🌸 POKENO</p>	<p><b>National Peanut Butter and Jelly Day</b> <span style="float: right; font-size: 2em; color: red;">2</span></p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🗣️ CapTel Presentation</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 ❤️ Circuit "A" Training</p> <p>2:00 🎬 Movie: Daisy Winters (PT)</p> <p>2:45 🌸 BINGO</p>	<p><b>National Burrito Day</b> <span style="float: right; font-size: 2em; color: red;">3</span></p> <p>8:00 🚗 Medical Shuttle - Honolulu</p> <p>9:30 📖 Prayer Group - Kailua Christian Church</p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🎵 <b>Music &amp; Movement</b></p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>1:45 🚗 Scenic Ride</p> <p>2:00 ❤️ Circuit "B" Training</p> <p>2:45 🌸 POKENO</p>	<p><b>National School Librarian Day</b> <span style="float: right; font-size: 2em; color: red;">4</span></p> <p>9:30 ❤️ Flow Exercise</p> <p>9:50 ❤️ Flow Exercise</p> <p>10:00 🌟 Game Room Activities</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 🎲 BINGO</p> <p>2:00 🎬 Movie: Windstorm (PT)</p>
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<p><b>National Caramel Popcorn Day</b> <span style="float: right; font-size: 2em; color: red;">6</span></p> <p>9:30 ❤️ Flow Exercise</p> <p>9:50 ❤️ Seated Resistance Training</p> <p>10:15 📺 Live Stream: New Hope Video Service (Media Room)</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:30 🎵 <b>Piano Recitals</b></p>	<p><b>National Beer Day</b> <span style="float: right; font-size: 2em; color: red;">7</span></p> <p>8:00 🚗 Medical Shuttle - Windward</p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🎵 Ukulele Club</p> <p>11:00 📖 Buddhist Services</p> <p>1:30 🚗 Shopping</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 ❤️ Circuit "A" Training</p> <p>2:45 🌸 BINGO</p>	<p><b>National Empanada Day</b> <span style="float: right; font-size: 2em; color: red;">8</span></p> <p>8:00 🚗 Medical Shuttle - West Side</p> <p>9:30 <b>Luk Tung Kuen</b></p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🎵 <b>Jon Koki Musical Performance</b></p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>1:45 🚗 Scenic Ride</p> <p>2:00 ❤️ Circuit "B" Training</p> <p>2:00 🗳️ <b>Resident Council</b></p> <p>2:45 🌸 POKENO</p>	<p><b>National Name Yourself Day</b> <span style="float: right; font-size: 2em; color: red;">9</span></p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 ❤️ Circuit "A" Training</p> <p>2:00 🎬 Movie: Friends for Life (PT)</p> <p>2:45 🌸 BINGO</p>
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<p><b>Palm Sunday</b> <span style="float: right; font-size: 2em; color: red;">13</span></p> <p>9:30 ❤️ Flow Exercise</p> <p>9:50 ❤️ Seated Resistance Training</p> <p>10:15 📺 Live Stream: New Hope Video Service (Media Room)</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 🎬 Movie: Everyday Miracles (PT)</p> <p>2:30 🌟 Brain Games</p>	<p><b>National Gardening Day</b> <span style="float: right; font-size: 2em; color: red;">14</span></p> <p>8:00 🚗 Medical Shuttle - Windward</p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🎵 Ukulele Club</p> <p>1:30 🚗 Shopping</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 ❤️ Circuit "A" Training</p> <p>2:45 🌸 BINGO</p>	<p><b>National Tax Day</b> <span style="float: right; font-size: 2em; color: red;">15</span></p> <p>8:00 🚗 Medical Shuttle - West Side</p> <p>9:30 <b>Luk Tung Kuen</b></p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🎨 Easter Craft</p> <p>10:00 🌟 Game Room Activities</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>1:45 🚗 Scenic Ride</p> <p>2:00 ❤️ Circuit "B" Training</p> <p>2:45 🌸 POKENO</p>	<p><b>Dress Up Day - Pajama's</b> <span style="float: right; font-size: 2em; color: red;">16</span></p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🎵 <b>Musical Performance: Sanford Lee</b></p> <p>12:00 🍷 Kau Kau Club</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 ❤️ Circuit "A" Training</p> <p>2:00 🎬 Movie: Mystic Pizza (PT)</p> <p>2:45 🌸 BINGO</p>
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<p><b>Happy Easter!</b> <span style="float: right; font-size: 2em; color: red;">20</span></p> <p><b>National Lookalike Day</b></p> <p>9:30 ❤️ Flow Exercise</p> <p>9:50 ❤️ Seated Resistance Training</p> <p>10:30 🌟 Easter Egg Hunt</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 🎬 Movie: My Louisiana Sky (PT)</p> <p>2:30 🌟 Brain Games</p>	<p><b>National Chocolate Covered Cashew Day</b> <span style="float: right; font-size: 2em; color: red;">21</span></p> <p>8:00 🚗 Medical Shuttle - Windward</p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🎵 Ukulele Lesson with Brandon</p> <p>1:30 🚗 Shopping</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 ❤️ Circuit "A" Training</p> <p>2:45 🌸 BINGO</p>	<p><b>National Earth Day</b> <span style="float: right; font-size: 2em; color: red;">22</span></p> <p>8:00 🚗 Medical Shuttle - West Side</p> <p>9:30 <b>Luk Tung Kuen</b></p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🎵 <b>Musical Performance: Roy Hamada</b></p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>1:45 🚗 Scenic Ride</p> <p>2:00 ❤️ Circuit "B" Training</p> <p>2:45 🌸 POKENO</p>	<p><b>National Picnic Day</b> <span style="float: right; font-size: 2em; color: red;">23</span></p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 ❤️ Circuit "A" Training</p> <p>2:00 🎬 Movie: Romance on The Ranch</p> <p>2:45 🌸 BINGO</p>
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<p><b>National Morse Code Day</b> <span style="float: right; font-size: 2em; color: red;">27</span></p> <p>9:30 ❤️ Flow Exercise</p> <p>9:50 ❤️ Seated Resistance Training</p> <p>10:15 📺 Live Stream: New Hope Video Service (Media Room)</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:30 🎵 <b>Piano Recitals</b></p>	<p><b>National Superhero Day</b> <span style="float: right; font-size: 2em; color: red;">28</span></p> <p>8:00 🚗 Medical Shuttle - Windward</p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🎵 Mellow Friends Karaoke</p> <p>1:30 🚗 Shopping</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 ❤️ Circuit "A" Training</p> <p>2:45 🌸 BINGO</p>	<p><b>National Dance Day</b> <span style="float: right; font-size: 2em; color: red;">29</span></p> <p>8:00 🚗 Medical Shuttle - West Side</p> <p>9:30 <b>Luk Tung Kuen</b></p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>1:45 🚗 Scenic Ride</p> <p>2:00 ❤️ Circuit "B" Training</p> <p>2:45 🌸 POKENO</p>	<p><b>National Guide Dog Day</b> <span style="float: right; font-size: 2em; color: red;">30</span></p> <p>9:30 ❤️ Seated Resistance Training</p> <p>10:00 🌟 Game Room Activities</p> <p>10:30 🎵 Ukulele Club</p> <p>1:30 ❤️ Silver Sneakers Cardio</p> <p>2:00 ❤️ Circuit "A" Training</p> <p>2:00 🎬 Movie: Life of a King (PT)</p> <p>2:45 🌸 BINGO</p>
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Activities are subject to change

-  Creative
-  Excursions
-  Individual activity
-  Intellectual
-  Meals
-  Movies
-  Music
-  National Day Event
-  Physical
-  Plaza Life
-  Social
-  Special Events
-  Spiritual