

























































































































































































































































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <ul style="list-style-type: none">  Creative  Excursions  Intellectual  Meals  Movies  Music  National Day Event  Physical  Social  Special Events  Spiritual 				International Mahjong Day 1 8:00  Medical Shuttle - Honolulu 9:00  Flow Exercise 9:30  Prayer Group - Kailua Christian Church 10:00  Musical Performance - Legacy 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  POKENO	National Ice Cream Sandwich Day 2 9:00  Flow Exercise 9:40  Qi Gong 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: Because I Said So (NF) 2:05  BINGO	National Watermelon Day 3 9:00  Flow Exercise 9:40  Qi Gong 10:00  Victory Hawaii Church Bingo 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: The Timekeeper 4:30  Catholic Mass
National Friendship Day 4 9:00  Flow Exercise 9:30  Shopping in Kaneohe 9:40  Qi Gong 10:00  Live Stream: New Hope Video Service (Media Room) 11:00  St. Ann's Church Shuttle 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers 2:00  Movie: The Trial of Old Drum (NF)	National Oyster Day 5 8:00  Medical Shuttle - Windward 9:00  Flow Exercise 10:00  Balance, Stretching and Toning 10:15  Pet Visits 11:00  Buddhist Services 11:00  Christian Meditation 1:00  Flow Exercise 1:30  Shopping Trip 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	National Root Beer Float Day 6 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 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Root Beer Float Party 2:05  POKENO	National Raspberries N Cream Day 7 9:00  Flow Exercise 9:30  Strength Training with Weights 10:00  The Game Show Hour 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Wednesday Matinee : Red White & Royal Blue (NF) 2:05  BINGO	National Dollar Day 8 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 10:30  Strength Training with Weights 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  POKENO	National Book Lovers Day 9 9:00  Flow Exercise 9:40  Qi Gong 10:00  Bead Craft 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: Naked Among Wolves (NF) 2:05  BINGO	National Bowling Day 10 9:00  Flow Exercise 9:40  Qi Gong 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: Breath of Life (NF)
National Play in the Sand Day 11 9:00  Flow Exercise 9:30  Shopping in Kaneohe 9:40  Qi Gong 10:00  Live Stream: New Hope Video Service (Media Room) 11:00  St. Ann's Church Shuttle 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers 2:00  Movie: The (almost completely true) Love Story (NF)	National Vinyl Record Day 12 8:00  Medical Shuttle - Windward 9:00  Flow Exercise 10:00  Balance, Stretching and Toning 10:15  Pet Visits 11:00  Christian Meditation 1:00  Flow Exercise 1:30  Shopping Trip 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	International Left-Handers Day 13 8:00  Medical Shuttle - West Side 9:00  Flow Exercise 9:30  Luk Tung Kuen 10:30  Jon Koki Musical Performance 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Resident Council 2:30  POKENO	National Creamsicle Day 14 9:00  Flow Exercise 9:30  Strength Training with Weights 10:00  Tie Dye Fun (SPACE IS LIMITED) 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Wednesday Matinee : The Sense of Wonder (NF) 2:05  BINGO	National Relaxation Day 15 8:00  Medical Shuttle - Honolulu 9:00  Flow Exercise 9:30  Prayer Group - Kailua Christian Church 9:30  Strength Training with Weights 10:00  Silent Disco: Hawaii Dance Bomb 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  POKENO	National Tell A Joke Day 16 9:00  Flow Exercise 9:40  Qi Gong 10:15  CAPTEL Presentation 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: Still Breathing (NF) 2:05  BINGO	World Honeybee Day 17 9:00  Flow Exercise 9:40  Qi Gong 10:00  Victory Hawaii Church Bingo 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: Awakenings (NF)
National Fajita Day 18 9:00  Flow Exercise 9:30  Shopping in Kaneohe 9:40  Qi Gong 10:00  Live Stream: New Hope Video Service (Media Room) 11:00  St. Ann's Church Shuttle 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers 2:00  Movie: The Sacrifice (NF)	National Potato Day 19 8:00  Medical Shuttle - Windward 9:00  Flow Exercise 10:00  Balance, Stretching and Toning 10:15  Pet Visits 11:00  Christian Meditation 1:00  Flow Exercise 1:30  Shopping Trip 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	National Bacon Lovers Day 20 8:00  Medical Shuttle - West Side 9:00  Flow Exercise 9:30  Luk Tung Kuen 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  POKENO	National Senior Citizens Day 21 9:00  Flow Exercise 9:30  Strength Training with Weights 10:00  Musical Performance: Sanford Lee 12:00  Kau Kau Club - Picnic 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Wednesday Matinee : A Bend in The River (NF) 2:05  BINGO	National Bao Day 22 8:00  Medical Shuttle - Honolulu 9:00  Flow Exercise 9:30  Prayer Group - Kailua Christian Church 9:40  Qi Gong 10:00  Musical Performance: Hank The Singing Dutchman 10:30  Strength Training with Weights 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  POKENO 2:00  Staff Meeting 6:30  Alzheimer Caregiver Support Group	National Cuban Sandwich Day 23 9:00  Flow Exercise 9:40  Qi Gong 10:15  Musical Performance: Dean Hirata 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: Just Mercy (NF) 2:05  BINGO	National Waffle Day 24 9:00  Flow Exercise 9:40  Qi Gong 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: The Shack (NF)
National Banana Split Day 25 9:00  Flow Exercise 9:30  Shopping in Kaneohe 9:40  Qi Gong 10:00  Live Stream: New Hope Video Service (Media Room) 11:00  St. Ann's Church Shuttle 1:00  Flow Exercise 1:30  Scenic Ride 1:35  Silver Sneakers 2:00  Movie: The Perfect Summer (NF)	National Dog Day 26 8:00  Medical Shuttle - Windward 9:00  Flow Exercise 10:00  Mellow Friends Karaoke 10:15  Pet Visits 11:00  Christian Meditation 1:00  Flow Exercise 1:30  Balance, Stretching and Toning 1:30  Shopping Trip 1:35  Silver Sneakers Workout (improve your cardio) 2:05  BINGO	National Just Because Day 27 8:00  Medical Shuttle - West Side 9:00  Flow Exercise 9:30  Luk Tung Kuen 10:15  Musical Performance: Roy Hamada 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  POKENO	National Thoughtful Day 28 9:00  Flow Exercise 9:30  Strength Training with Weights 10:00  The Game Show Hour 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Wednesday Matinee : His Only Son (NF) 2:05  BINGO	National Chop Suey Day 29 8:00  Medical Shuttle - Honolulu 9:00  Flow Exercise 9:30  Prayer Group - Kailua Christian Church 9:40  Qi Gong 10:30  Strength Training with Weights 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:05  POKENO	National College Color Day 30 9:00  Flow Exercise 9:40  Qi Gong 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: The Peanut Butter Falcon (NF) 2:05  BINGO	National Trail Mix Day 31 9:00  Flow Exercise 9:40  Qi Gong 1:00  Flow Exercise 1:35  Silver Sneakers Workout (improve your cardio) 2:00  Movie: Irish Wish (NF)