

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August cont'd</div> <div>31</div> <div>National Eat Outside Day 9:30 ↔ Flow Exercise 9:50 🌿 Seated Resistance Band Exercise 10:15 🕯️ New Hope Live Stream 1:30 🎬 Movie: Wicked 1:30 ↔ Silver Sneakers Cardio</div>	<div></div> <div></div> <div>BACK TO SCHOOL</div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div>ACTIVITIES ARE SUBJECT TO CHANGE</div>	<div> Arts / Crafts  Celebrations  Cooking / Baking  Educational Classes ↔ Exercise / Physical Activity  Field Trip / Medical Appointments  Games  Meditation / Mindfulness  Movies / Documentaries  Music / Special Entertainment  One-on-One  Plaza Life Fitness  Spiritual / Worship Services  Volunteerism / Community Service</div>	<div>International Mahjong Day</div> <div>1</div> <div>9:30 ↔ Flow Exercise 9:50 ↔ Flow Exercise 10:00 ➦ Game Room Fun 10:30 🎲 Back To School Banner Craft 10:30 🌿 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 ➦ BINGO 2:00 🎬 Movie: Transformers: Rise of the Beast</div>	<div>National Coloring Book Day</div> <div>2</div> <div>9:30 ↔ Flow Exercise 9:50 ↔ Flow Exercise 10:30 ➦ Victory Hawaii Church Bingo 1:30 ↔ Silver Sneakers Cardio 2:00 ➦ BINGO 2:00 ↔ Balance, Stretching and Toning 4:00 🕯️ Catholic Mass</div>
<div>National Watermelon Day</div> <div>3</div> <div>9:30 ↔ Flow Exercise 9:50 🌿 Seated Resistance Band Exercise 10:15 🕯️ New Hope Live Stream 10:30 🎨 Suncatchers and Watermelon Craft 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 Movie: The Good Journey</div>	<div>National Chocolate Chip Cookie Day</div> <div>4</div> <div>8:00 🚌 Medical Shuttle - Windward 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:30 🍷 Fun with Cookie Dough 10:30 🌿 Meditation / Relaxation 10:30 🎵 Ukulele with Addie 11:00 🕯️ Buddhist Services 1:30 🛒 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:45 ➦ BINGO</div>	<div>National Work Like A Dog Day</div> <div>5</div> <div>8:00 🚌 Medical Shuttle - West Side 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:15 🎲 Activities for 3rd Floor 10:15 🎲 Crochet with Volunteer Kailie 1:30 ↔ Silver Sneakers Cardio 2:45 ➦ POKENO</div>	<div>National Root Beer Float Day</div> <div>6</div> <div>9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:15 🎲 BINGO/Activities for 3rd Floor 10:15 🎲 Crochet Bears with Volunteer Jillian 10:30 ➦ Let's Learn How to Play 'True' Pokeno 1:30 ↔ Silver Sneakers Cardio 2:00 🎪 3rd Floor Root Beer Float Fun! 2:00 🎬 Movie: Baby Boom 2:15 ➦ BINGO 2:45 🍷 Root Beer Float Social</div>	<div>National Purple Heart Day</div> <div>7</div> <div>8:00 🚌 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:15 🎲 Activities for 3rd Floor 10:15 🎲 Crochet Bears with Jillian 1:30 ↔ Silver Sneakers Cardio 2:15 ➦ POKENO</div>	<div>National Lighthouse Day</div> <div>8</div> <div>9:30 ↔ 3rd Floor Exercise 9:30 ↔ Flow Exercise 9:50 ↔ Flow Exercise 10:00 ➦ Game Room Fun 10:30 🎲 Activities for 3rd Floor 1:30 ↔ Silver Sneakers Cardio 2:00 ➦ BINGO 2:00 🎬 Movie: Somewhere in Time</div>	<div>National Pickleball Day</div> <div>9</div> <div>9:30 ↔ Flow Exercise 9:50 ↔ Flow Exercise 10:15 🎲 Crochet with Kailie 10:30 🎲 Activities for 3rd Floor 1:30 ↔ Silver Sneakers Cardio 2:00 ➦ BINGO 4:00 🕯️ Catholic Mass</div>
<div>National Book Lovers Day</div> <div>10</div> <div>9:30 ↔ Flow Exercise 9:50 🌿 Seated Resistance Band Exercise 10:15 🎲 Crochet with Kailie 10:15 🕯️ New Hope Live Stream 10:30 🎲 Activities for 3rd Floor 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 Movie: My Private Line to God</div>	<div>Global Kinetic Sand Day</div> <div>11</div> <div>8:00 🚌 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:15 🎲 Activities for 3rd Floor 10:30 🌿 Meditation / Relaxation 10:30 🎵 Ukulele with Addie 1:30 🛒 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:45 ➦ BINGO</div>	<div>National Middle Child Day</div> <div>12</div> <div>8:00 🚌 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 1:30 🚌 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🏛️ Resident Council 2:15 ➦ Rummikub and Card Fun! 2:45 ➦ POKENO</div>	<div>National Filet Mignon Day</div> <div>13</div> <div>9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:15 ➦ Activities for 3rd Floor 10:30 ➦ Learn 'True' Pokeno 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 Movie: Coming 2 America 2:15 ➦ BINGO</div>	<div>National Navajo Code Talkers Day</div> <div>14</div> <div>8:00 🚌 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:15 ➦ Activities for 3rd Floor 10:15 🎲 Activities for 3rd Floor 1:30 ↔ Silver Sneakers Cardio 2:15 ➦ POKENO</div>	<div>National Relaxation Day</div> <div>15</div> <div>9:30 ↔ 3rd Floor Exercise 9:30 ↔ Flow Exercise 9:50 ↔ Flow Exercise 10:00 ➦ Game Room Fun 10:30 🎵 Music Performance: Hank the Singing Dutchman 1:30 ↔ Silver Sneakers Cardio 2:00 ➦ BINGO 2:00 🎬 Movie: Lilies of the Field</div>	<div>National Rollercoaster Day</div> <div>16</div> <div>9:30 ↔ Flow Exercise 9:50 ↔ Flow Exercise 10:30 ➦ Victory Hawaii Church Bingo 1:30 ↔ Silver Sneakers Cardio 2:00 ➦ BINGO 2:00 ↔ Balance, Stretching and Toning 4:00 🕯️ Catholic Mass</div>
<div>National Thrift Shop Day</div> <div>17</div> <div>9:30 ↔ Flow Exercise 9:50 🌿 Seated Resistance Band Exercise 10:15 🕯️ New Hope Live Stream 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 Movie: The Ron Clark Story</div>	<div>National Ice Cream Pie Day</div> <div>18</div> <div>8:00 🚌 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:00 🛒 Shopping - Kaneohe 10:30 🌿 Meditation / Relaxation 10:30 🎵 Ukulele with Addie 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:45 ➦ BINGO</div>	<div>National Aviation Day</div> <div>19</div> <div>8:00 🚌 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 ↔ Luk Tung Kuen 9:30 🌿 Seated Resistance Band Exercise 9:45 🛒 Shopping - Don Quijote 10:00 ➦ Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🎲 The Great Paper Airplane Race Activity 1:30 🚌 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "B" Training 2:45 ➦ POKENO</div>	<div>National Radio Day</div> <div>20</div> <div>9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🎵 Music Performance: Sanford Lee 12:00 🍷 KauKau Club: Uncle Glenn's Hawaiian Food 1:30 🛒 Shopping - Town 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:00 🎬 Movie: The Long Walk Home 2:45 ➦ BINGO 6:30 ➦ Target Bingo</div>	<div>National Senior Citizen Day</div> <div>21</div> <div>8:00 🚌 Medical Shuttle - Honolulu 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:15 ↔ Silent Disco: Hawaii Dance Bomb 10:30 🌿 Meditation / Relaxation 10:30 🕯️ Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 1:45 🛒 Scenic Ride 2:00 🌿 Circuit "B" Training 2:45 ➦ POKENO</div>	<div>National Be An Angel Day</div> <div>22</div> <div>9:30 ↔ Flow Exercise 9:50 ↔ Flow Exercise 10:00 ➦ Game Room Fun 10:30 🌿 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 ➦ BINGO 2:00 🎬 Movie: Aunt Mary</div>	<div>National Ride The Wind Day</div> <div>23</div> <div>9:30 ↔ Flow Exercise 9:50 ↔ Flow Exercise 1:30 ↔ Silver Sneakers Cardio 2:00 ➦ BINGO 4:00 🕯️ Catholic Mass</div>
<div>National Waffle Day</div> <div>24</div> <div>9:30 ↔ Flow Exercise 9:50 🌿 Seated Resistance Band Exercise 10:15 🕯️ New Hope Live Stream 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 Movie: On a Wing and a Prayer</div>	<div>National Kiss & Makeup Day</div> <div>25</div> <div>8:00 🚌 Medical Shuttle - Windward 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🎵 Music Performance: Mellow Friends 1:30 🛒 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:45 ➦ BINGO</div>	<div>National Dog Day</div> <div>26</div> <div>8:00 🚌 Medical Shuttle - West Side 9:30 ↔ Luk Tung Kuen 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🎵 Music Performance: Roy Hamada 1:30 🚌 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "B" Training 2:45 ➦ POKENO</div>	<div>National Just Because Day</div> <div>27</div> <div>9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:30 ➦ Blackjack and Poker Fun! 10:30 🌿 Meditation / Relaxation 10:30 🎵 Ukulele with Addie 1:30 🛒 Shopping - Town 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:00 🎬 Movie: Heads of State 2:45 ➦ BINGO</div>	<div>National Cherry Turnover Day</div> <div>28</div> <div>8:00 🚌 Medical Shuttle - Honolulu 9:30 🌿 Seated Resistance Band Exercise 10:00 ➦ Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🕯️ Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 1:45 🛒 Scenic Ride 2:00 🌿 Circuit "B" Training 2:45 ➦ POKENO</div>	<div>National Lemon Juice Day</div> <div>29</div> <div>9:30 ↔ Flow Exercise 9:50 ↔ Flow Exercise 10:00 ➦ Game Room Fun 10:00 🎵 Music Performance: Na Kupuna O Ko'olau 10:30 🌿 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 ➦ BINGO 2:00 🎬 Movie: A Hazard of Hearts</div>	<div>National Beach Day</div> <div>30</div> <div>9:30 ↔ Flow Exercise 9:50 ↔ Flow Exercise 10:30 🎵 Music Performance: Living Water 1:30 ↔ Silver Sneakers Cardio 2:00 ➦ BINGO 4:00 🕯️ Catholic Mass</div>