

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Each activity can have up to 14 people in main floor activity room.</p>	<p>Each shuttle ride can have up to 14 residents. Ride signups are brought to signup station at 4:00pm the day prior to the ride.</p>	<p>National Pie Day 1</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🚗 IL Shopping Trip 10:15 💅 Fabulous Nails 1:00 ❤️ Flow Exercise Session 3 1:30 🚗 AL Scenic Ride 1:40 ❤️ Flow Exercise Session 4 2:05 🎮 BINGO 3:10 📖 Mindful Meditation 	<p>National Special Education Day 2</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 📖 Buddhist Service with Moiliili Hongwanji 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:10 🎮 POKENO 3:10 📖 Mindful Meditation 	<p>National Bartender Day 3</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🚗 IL Shopping Trip 10:15 ❄️ Symmetrical Snowflakes 1:00 ❤️ Flow Exercise Session 3 1:30 🚗 IL Scenic Ride 1:40 ❤️ Flow Exercise Session 4 2:10 🎬 Movie & Popcorn: The Christmas Chronicles 3:00 🍹 TGI Friday- Happy Hour 	<p>National Cookie Day 4</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:15 🎮 Mah Jong Club 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:00 🎵 Christmas Carols 3:00 🧩 Scrabble
<p>National Sacher Torte Day 5</p> <ul style="list-style-type: none"> 8:00 📖 Church 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 📖 Church 10:00 📺 Live Stream: New Hope Video Service (Media Room) 10:15 🧼 Walker Wash 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:00 🎵 Basic Ukulele Lessons w/ Adeline 2:10 🎬 Movie: A boy called Christmas 2:30 📖 Catholic Communion Service (individual) 3:10 🎮 Game: Black Jack 	<p>National Microwave Oven Day 6</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:05 🧘 Virtual TaiChi 10:15 🎮 Hanafuda, 3-13 Card Game, and Scrabble 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:05 🎮 BINGO 3:10 📖 Mindful Meditation 	<p>National Pearl Harbor Remembrance Day 7</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:15 ❄️ Snowflake Clothes Pins Craft 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:10 🎮 POKENO 3:10 📖 Mindful Meditation 	<p>National Brownie Day 8</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🚗 IL Shopping Trip 10:15 🎵 Jon Koki Musical Performance 1:00 ❤️ Flow Exercise Session 3 1:30 🚗 AL Scenic Ride 1:40 ❤️ Flow Exercise Session 4 2:05 🎮 BINGO 3:10 📖 Mindful Meditation 	<p>National Christmas Card Day 9</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:15 🎁 Christmas Gift Card Craft 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:10 🎮 POKENO 3:10 📖 Mindful Meditation 	<p>National Lager Day 10</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🚗 IL Shopping Trip 10:15 🎁 Christmas Wreath Craft 1:00 ❤️ Flow Exercise Session 3 1:30 🚗 IL Scenic Ride 1:40 ❤️ Flow Exercise Session 4 2:10 🎬 Movie: The Christmas chronicles 2 3:10 🍌 Banana Split Social 	<p>National Noodle Ring Day 11</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:15 🍪 Ginger Bread Cookie Decorating 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:00 🎮 Mah Jong Club 2:10 🎬 Movie: Christmas Inheritance 2:10 🎮 Sing-A-Long 3:10 🧩 Trivia
<p>National Ginger Bread House Day 12</p> <ul style="list-style-type: none"> 8:00 📖 Church 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 📖 Church 10:00 📺 Live Stream: New Hope Video Service (Media Room) 10:15 🧼 Walker Wash 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:00 🎵 Basic Ukulele Lessons w/ Adeline 2:10 🎬 Movie: A Christmas Prince 2:30 📖 Catholic Communion Service (individual) 3:10 🎮 Game: Rummikub 	<p>National Cocoa Day 13</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:05 🧘 Virtual TaiChi 10:15 🎮 Hanafuda, 3-13 Card Game, and Scrabble 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:05 🎮 BINGO 3:10 📖 Mindful Meditation 	<p>National Bouillabaisse Day 14</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:15 🎵 Music and Movement with Jostlyn 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:00 🏛 Resident Council 2:10 🎮 POKENO 3:10 📖 Mindful Meditation 	<p>National Cupcake Day 15</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🚗 IL Shopping Trip 10:15 💅 Fabulous Nails 12:00 🍴 Kau Kau Club: Big City Dinner 1:00 ❤️ Flow Exercise Session 3 1:30 🚗 AL Scenic Ride 1:40 ❤️ Flow Exercise Session 4 2:05 🎮 BINGO 3:10 📖 Mindful Meditation 	<p>National Chocolate Covered Anything Day 16</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:15 ❄️ Snowflake Wood Ornament Craft 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:10 🎮 POKENO 3:10 📖 Mindful Meditation 	<p>National Maple Syrup Day 17</p> <p>Ugly Christmas Sweater Dress Up Day</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🚗 IL Shopping Trip 10:15 🎁 Christmas Ornament Craft 1:00 ❤️ Flow Exercise Session 3 1:30 🚗 IL Scenic Ride 1:40 ❤️ Flow Exercise Session 4 2:10 🎬 Movie: The Holiday Calendar 3:10 🍌 TGI-Friday Christmas Tree Brownie 	<p>National Twin Day 18</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🧩 Group Activity: Jenga 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:00 🎮 Mah Jong Club 2:10 🎬 Movie: Holidate 2:10 🎮 Sing-A-Long 3:00 🧩 Scrabble
<p>National Oatmeal Muffin Day 19</p> <ul style="list-style-type: none"> 8:00 📖 Church 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 📖 Church 10:00 📺 Live Stream: New Hope Video Service (Media Room) 10:15 🧼 Walker Wash 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:00 🎵 Basic Ukulele Lessons w/ Adeline 2:10 🎬 Movie: Christmas with a view 2:30 📖 Catholic Communion Service (individual) 3:10 🎮 Game: Black Jack 	<p>Christmas Pajama Dress Up Day 20</p> <p>National Sangria Day</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:05 🧘 Virtual TaiChi 10:15 🎮 Hanafuda, 3-13 Card Game, and Scrabble 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:05 🎮 BINGO 3:10 📖 Mindful Meditation 5:30 🎄 Christmas Lights 	<p>National Crossword Puzzle Day 21</p> <p>Tinsel Dress Up Day</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:15 🎵 Hank The Singing Dutchman 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:10 🎮 POKENO 3:10 📖 Mindful Meditation 5:30 🎄 Christmas Lights 	<p>National Date Nut Bread Day 22</p> <p>Winter White Out Dress Up Day</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🚗 IL Shopping Trip 10:15 🎵 Jon Koki Musical Performance 1:00 ❤️ Flow Exercise Session 3 5:30 🎄 Christmas Lights 	<p>Christmas Accessories Dress Up Day 23</p> <p>National Peppernusse Day</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:15 🎨 Painting Class 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:10 🎮 POKENO 3:10 📖 Mindful Meditation 5:30 🎄 Christmas Lights 	<p>CHRISTMAS EVE 24</p> <p>National Eggnog Day</p> <p>Ugly Christmas Sweater Dress Up Day</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🚗 IL Shopping Trip 10:15 🎵 Music by Dino Entertainment 1:00 ❤️ Flow Exercise Session 3 1:30 🚗 IL Scenic Ride 1:40 ❤️ Flow Exercise Session 4 2:10 🎬 Movie: A Cinderella story Christmas Wish 3:10 🍌 TGI-Friday Eggnog and Cookies 	<p>Green and Red Dress Up Day 25</p> <p>MERRY CHRISTMAS!</p> <p>National Pumpkin Pie Day</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🧩 Christmas Trivia 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:00 🎮 Mah Jong Club 2:10 🎬 Movie: Christmas on the Square 2:10 🎮 Sing-A-Long 3:10 🍹 Happy Hour: Pumpkin Pie
<p>National Candy Cane Day 26</p> <ul style="list-style-type: none"> 8:00 📖 Church 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 📖 Church 10:00 📺 Live Stream: New Hope Video Service (Media Room) 10:15 🧼 Walker Wash 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:00 🎵 Basic Ukulele Lessons w/ Adeline 2:10 🎬 Movie: Here comes the Boom 2:30 📖 Catholic Communion Service (individual) 3:10 🎮 Game: Rummikub 	<p>National Fruit Cake Day 27</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:05 🧘 Virtual TaiChi 10:15 🎮 Hanafuda, 3-13 Card Game, and Scrabble 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:05 🎮 BINGO 3:10 📖 Mindful Meditation 	<p>National Card Playing Day 28</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:15 🎵 Music and Movement with Jostlyn 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:10 🎮 POKENO 3:10 📖 Mindful Meditation 	<p>National Pepper Pot Day 29</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🚗 IL Shopping Trip 10:15 💅 Fabulous Nails 1:00 ❤️ Flow Exercise Session 3 1:30 🚗 AL Scenic Ride 1:40 ❤️ Flow Exercise Session 4 2:05 🎮 BINGO 3:10 📖 Mindful Meditation 	<p>National Bacon Day 30</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:15 🎵 Silent Disco w/ Hawaii Dance Bomb 1:00 ❤️ Flow Exercise Session 3 1:40 ❤️ Flow Exercise Session 4 2:10 🎮 POKENO 3:10 📖 Mindful Meditation 	<p>NEW YEAR'S EVE 31</p> <p>National Champagne Day</p> <ul style="list-style-type: none"> 9:00 ❤️ Flow Exercise Session 1 9:40 ❤️ Flow Exercise Session 2 10:00 🚗 IL Shopping Trip 10:15 🎨 Bead Art Class 1:00 ❤️ Flow Exercise Session 3 1:30 🚗 IL Scenic Ride 1:40 ❤️ Flow Exercise Session 4 2:10 🎬 Movie & Popcorn: Bruised 3:00 🍹 TGI Friday- Happy Hour 	<p>Activities are subject to change.</p>