

December 2025
Independent/Assisted



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>ACTIVITIES ARE SUBJECT TO CHANGE</div>	<div><div>National Christmas Lights Day</div><div>8:00 🚌 Medical Shuttle - Windward</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:15 🍆 Kamehameha Heeia Preschool Visit</div><div>10:30 🌿 Meditation / Relaxation</div><div>11:00 🙏 Buddhist Services</div><div>1:30 🚌 Shopping - Kaneohe</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Exercise</div><div>2:15 🏠 BINGO</div><div>3:00 🎵 Ukulele with Addie</div></div>	<div><div>National Mutt Day</div><div>8:00 🚌 Medical Shuttle - West Side</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎵 Silent Disco: Hawaii Dance Bomb</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "B" Exercise</div><div>2:45 🏠 POKENO</div></div>	<div><div>National Make a Gift Day</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>12:00 🍆 KauKau Club: Oh My Grill</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🎬 Movie: The Christmas Chronicles (NF)</div><div>2:15 🏠 BINGO</div><div>6:30 🚌 Honolulu City Christmas Light Scenic Ride</div></div>	<div><div>National Sock Day</div><div>8:00 🚌 Medical Shuttle - Honolulu</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎵 Music & Movement</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>1:45 🚌 Scenic Ride</div><div>2:45 🏠 POKENO</div></div>	<div><div>National Candle Day</div><div>10:00 🏠 Game Room Fun</div><div>10:00 🎵 Utu Kai Performance</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🏠 BINGO</div><div>2:00 🎬 Movie: The Labyrinth (NF)</div></div>	<div><div>National Coats and Toys for Kids Day</div><div>9:30 ↔ Flow Exercise</div><div>9:55 ↔ Flow Exercise</div><div>10:30 🎵 Living Waters Performance</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🏠 BINGO</div><div>4:00 🙏 Catholic Mass</div></div>
	<div><div>National Pearl Harbor Remembrance Day</div><div>9:30 ↔ Flow Exercise</div><div>9:55 🌿 Seated Resistance Band Exercise</div><div>10:15 🧶 Crochet with Kailie</div><div>10:15 🙏 New Hope Live Stream</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🎬 Movie: True Spirit (NF)</div></div>	<div><div>National Crossword Solvers Day</div><div>8:00 🚌 Medical Shuttle - Windward</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🧶 Salt Dough Ornaments and Snowglobes</div><div>1:30 🚌 Shopping - Kaneohe</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:15 🏠 BINGO</div><div>3:00 🎵 Ukulele with Addie</div><div>6:30 🎵 Violin Performance by Heather</div></div>	<div><div>National Christmas Card Day</div><div>8:00 🚌 Medical Shuttle - West Side</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎵 Music Performance: Jon Koki</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🏠 Resident Council</div><div>2:45 🏠 POKENO</div></div>	<div><div>National Dewey Decimal Day</div><div>10:00 🎵 Aloha Mele Performance</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🎬 Movie: Dante's Peak (NF)</div><div>2:15 🏠 BINGO</div></div>	<div><div>National Stretching Day</div><div>8:00 🚌 Medical Shuttle - Honolulu</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🧶 Christmas Suncatcher Garlands</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>1:45 🚌 Scenic Ride</div><div>2:45 🏠 POKENO</div></div>	<div><div>National Poinsettia Day</div><div>9:30 ↔ Flow Exercise</div><div>9:55 ↔ Flow Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎵 Music Performance: Hank the Singing Dutchman</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🏠 BINGO</div><div>2:00 🎬 Movie: A VERY Vintage Christmas (NF)</div></div>
<div><div>National Wreaths Day</div><div>9:30 ↔ Flow Exercise</div><div>9:55 🌿 Seated Resistance Band Exercise</div><div>10:15 🧶 Crochet with Kailie</div><div>10:15 🙏 New Hope Live Stream</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🎬 Movie: The Snow Sister (NF)</div></div>	<div><div>National Wear Your Pearls Day</div><div>8:00 🚌 Medical Shuttle - Windward</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🧶 Candy Cane Gift Craft</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🚌 Shopping - Kaneohe</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:15 🏠 BINGO</div><div>3:00 🎵 Ukulele with Addie</div><div>6:00 🎊 Resident Christmas Party</div></div>	<div><div>National Chocolate Covered Anything Day</div><div>8:00 🚌 Medical Shuttle - West Side</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🏠 POKENO</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>5:00 🎵 St. Anns Christmas Carols</div></div>	<div><div>National Wright Brothers Day</div><div>9:00 🧶 Windward Nazarene Academy Christmas Visit</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🎬 Movie: A Boy Called Christmas (NF)</div><div>2:15 🏠 BINGO</div></div>	<div><div>National Snowflake Appreciation Day</div><div>8:00 🚌 Medical Shuttle - Honolulu</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🧶 Let It Snow Craft and Festivities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>1:45 🚌 Scenic Ride</div><div>2:45 🏠 POKENO</div><div>6:30 🎵 Wellspring Covenant Church Performance</div></div>	<div><div>National Hard Candy Day</div><div>9:30 ↔ Flow Exercise</div><div>9:55 ↔ Flow Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:00 🚌 Performance: Na Kupuna O Kōʻolau</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🏠 BINGO</div><div>2:00 🎬 Movie: Mr. & Mrs. Smith (NF)</div></div>	<div><div>National Caroling Day</div><div>9:30 ↔ Flow Exercise</div><div>9:55 ↔ Flow Exercise</div><div>10:30 🏠 Victory Hawaii Church Bingo</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🏠 BINGO</div><div>2:00 ↔ Balance, Stretching and Toning</div><div>4:00 🙏 Catholic Mass</div></div>
<div><div>National Short Story Day</div><div>9:30 ↔ Flow Exercise</div><div>9:55 🌿 Seated Resistance Band Exercise</div><div>10:15 🧶 Crochet with Kailie</div><div>10:15 🙏 New Hope Live Stream</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🎵 Piano Studio Performance</div></div>	<div><div>National Mathematics Day</div><div>8:00 🚌 Medical Shuttle - Windward</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:15 🏠 BINGO</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎵 Music Performance: Mellow Friends</div><div>1:30 🚌 Shopping - Kaneohe</div><div>1:30 ↔ Silver Sneakers Cardio</div></div>	<div><div>National Christmas Movie Day</div><div>8:00 🚌 Medical Shuttle - West Side</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎵 Music Performance: Roy Hamada</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:45 🏠 POKENO</div></div>	<div><div>CHRISTMAS EVE</div><div><div>National Eggnog Day</div><div>10:00 🎵 Ahuna Ohana Performance</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🎬 Movie: How the Grinch Stole Christmas (Prime)</div><div>2:15 🏠 BINGO</div><div>3:00 🎵 Addie's Ukulele Christmas Concert</div></div></div>	<div><div>MERRY CHRISTMAS!</div><div><div>National Pumpkin Pie Day</div><div>8:00 🚌 Medical Shuttle - Honolulu</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>1:45 🚌 Scenic Ride</div><div>2:45 🏠 POKENO</div></div></div>	<div><div>National Thank You Note Day</div><div>9:30 ↔ Flow Exercise</div><div>9:55 ↔ Flow Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🏠 BINGO</div><div>2:00 🎬 Movie: Holiday in the Wild (NF)</div></div>	<div><div>National Fruitcake Day</div><div>9:30 ↔ Flow Exercise</div><div>9:55 ↔ Flow Exercise</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🏠 BINGO</div><div>2:00 ↔ Balance, Stretching and Toning</div><div>4:00 🙏 Catholic Mass</div></div>
<div><div>National Card Playing Day</div><div>9:30 ↔ Flow Exercise</div><div>9:55 🌿 Seated Resistance Band Exercise</div><div>10:15 🧶 Crochet with Kailie</div><div>10:15 🙏 New Hope Live Stream</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🎬 Movie: Tomb Raider (NF)</div></div>	<div><div>National Tick Tock Day</div><div>8:00 🚌 Medical Shuttle - Windward</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🏠 Ukulele with Brandon</div><div>1:30 🚌 Shopping - Kaneohe</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:15 🏠 BINGO</div><div>3:00 🎵 Ukulele with Addie</div></div>	<div><div>National Resolution Planning Day</div><div>8:00 🚌 Medical Shuttle - West Side</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🧶 Star Resolution Craft</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:45 🏠 POKENO</div></div>	<div><div>NEW YEAR'S EVE</div><div><div>National Champagne Day</div><div>9:30 ↔ 3rd Floor Exercise</div><div>9:30 🌿 Seated Resistance Band Exercise</div><div>10:00 🏠 Game Room Fun</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 ↔ Silver Sneakers Cardio</div><div>2:00 🎬 Movie: Champagne Problems (NF)</div><div>2:15 🏠 BINGO</div></div></div>			<div><div>"IT'S NOT WHAT'S UNDER THE CHRISTMAS TREE THAT MATTERS, IT'S WHO'S AROUND IT"</div><div>-CHARLIE BROWN</div></div>