December 2025 Independent/Assisted Wednesday Sunday Monday Tuesdav Thursdav Saturday National Christmas Lights Day National Mutt Day National Make a Gift Day National Sock Day National Candle Day National Coats and Tovs for Kids Day 8:00 🖨 Medical Shuttle - Windward 8:00 🖨 Medical Shuttle - West Side 9:30 •• 3rd Floor Exercise 8:00 🖨 Medical Shuttle - Honolulu 10:00 🔥 Game Room Fun 9:30 ← Flow Exercise 9:30 ↔ 3rd Floor Exercise 9:30 •• 3rd Floor Exercise 9:30 🏶 Seated Resistance Band 9:30 A 3rd Floor Exercise 10:00 ☐ Utu Kai Performance 9:55 • Flow Exercise 9:30 🏶 Seated Resistance Band 9:30 🏶 Seated Resistance Band Exercise 9:30 🏶 Seated Resistance Band 10:30 🌞 Meditation / Relaxation 10:30 J Living Waters Performance Exercise 10:00 📥 Game Room Fun Exercise 1:30 Silver Sneakers Cardio 1:30 - Silver Sneakers Cardio Exercise 10:00 🔥 Game Room Fun 10:00 🔥 Game Room Fun 10:00 🔥 Game Room Fun 10:30 Meditation / Relaxation 2:00 🖶 BINGO 2:00 th BINGO 10:15 🁺 Kamehameha Heeia Preschool Visit 10:30 🏶 Meditation / Relaxation ACTIVITIES ARE 10:30 Meditation / Relaxation 12:00 👺 KauKau Club: Oh My Grill 2:00 Movie: The Labyrinth (NF) 4:00 † Catholic Mass 10:30 🌞 Meditation / Relaxation 10:30 J Silent Disco: Hawaii Dance Bomb 1:30 • Silver Sneakers Cardio 10:30 Music & Movement 1:00 P Buddhist Services 1:30 → Silver Sneakers Cardio 2:00 Movie: The Christmas Chronicles (NF) 1:30 → Silver Sneakers Cardio SUBJECTTO CHANGE 1:30 Shopping - Kaneohe 2:00 🏶 Circuit "B" Exercise 2:15 🔥 BINGO 1:45 🖨 Scenic Ride 6:30 📮 Honolulu City Christmas Light Scenic Ride 1:30 A Silver Sneakers Cardio 2:45 🏚 POKENO 2:45 🏚 POKENO 2:00 🏶 Circuit "A" Exercise 2:15 📥 BINGO 3:00 J Ukulele with Addie National Pearl Harbor Remembrance **National Crossword Solvers Day National Christmas Card Day National Dewey Decimal Day National Stretching Day** National Poinsettia Day **National Hot Coco Day** 8:00 📮 Medical Shuttle - Windward 8:00 A Medical Shuttle - West Side 8:00 🖨 Medical Shuttle - Honolulu 10:00 Aloha Mele Performance 9:30 •• Flow Exercise 9:30 → Flow Exercise 9:30 • Flow Exercise 10:00 🏇 Game Room Fun 9:55 Flow Exercise 9:55 Flow Exercise 9:55 🏶 Seated Resistance Band 9:30 🏶 Seated Resistance Band 9:30 🏶 Seated Resistance Band 10:30 Meditation / Relaxation 9:30 🏶 Seated Resistance Band 10:00 🔥 Game Room Fun 10:30 Street Women of the Word (WOW) Exercise 1:30 Silver Sneakers Cardio 10:30 Meditation / Relaxation Exercise Exercise Exercise 1:30 Silver Sneakers Cardio 10:15 Crochet with Kailie 10:00 🔥 Game Room Fun 10:00 🏇 Game Room Fun 10:00 🔥 Game Room Fun 2:00 Movie: Dante's Peak (NF) 10:30 🎜 Music Performance: Hank the Singing 2:00 🔥 BINGO 10:15 The New Hope Live Stream 10:30 🏶 Meditation / Relaxation 10:30 Meditation / Relaxation 10:30 • Christmas Suncatcher Garlands Dutchman 2:15 h BINGO 3:30 Central Union Preschool 1:30 → Silver Sneakers Cardio 1:30 ↔ Silver Sneakers Cardio 10:30 Salt Dough Ornaments and Snowglobes 10:30 Music Performance: Jon Koki 10:30 Meditation / Relaxation 4:00 † Catholic Mass 2:00 Movie: True Spirit (NF) 1:30 🖨 Shopping - Kaneohe 1:30 - Silver Sneakers Cardio 1:30 - Silver Sneakers Cardio 2:00 🖶 BINGO 1:30 - Silver Sneakers Cardio 2:00 Resident Council 1:45 🖨 Scenic Ride 2:00 Movie: A VERY Vintage Christmas (NF) 2:15 🏚 BINGO 2:45 🏚 POKENO 2:45 h POKENO 3:00 J Ukulele with Addie 6:30 J Violin Performance by Heather National Wreaths Day **National Wright Brothers Day** National Snowflake Appreciation Day **National Hard Candy Day** National Wear Your Pearls Day **National Chocolate Covered Anything National Caroling Day** 9:30 ↔ Flow Exercise 8:00 🖨 Medical Shuttle - Windward 9:00 Windward Nazarene Academy 8:00 🖨 Medical Shuttle - Honolulu 9:30 ↔ Flow Exercise 9:30 ↔ Flow Exercise 9:55 🏶 Seated Resistance Band 8:00 🖨 Medical Shuttle - West Side Christmas Visit 9:30 + 3rd Floor Exercise 9:30 - 3rd Floor Exercise 9.55 • Flow Exercise 9:55 → Flow Exercise 10:00 🏞 Game Room Fun 9:30 🏶 Seated Resistance Band 9:30 • 3rd Floor Exercise Exercise 9:30 🏶 Seated Resistance Band 10:00 📥 Game Room Fun 10:30 🔥 Victory Hawaii Church Bingo 10:15 9 Crochet with Kailie 9:30 🏶 Seated Resistance Band Exercise 10:30 Meditation / Relaxation Exercise Exercise 10:00 🖨 Performance: Na Kupuna O Ko'olau 10:15 The New Hope Live Stream 10:00 🔥 Game Room Fun 10:00 🏚 Game Room Fun 1:30 - Silver Sneakers Cardio 10:00 🔥 Game Room Fun 10:30 Meditation / Relaxation 2:00 📥 BINGO 10:30 • Candy Cane Gift Craft 1:30 • Silver Sneakers Cardio 10:30 Meditation / Relaxation 2:00 Movie: A Boy Called Christmas (NF) 10:30 • Let It Snow Craft and Festivities 1:30 Silver Sneakers Cardio 2:00 • Balance, Stretching and Toning 2:00 Movie: The Snow Sister (NF) 10:30 Meditation / Relaxation 10:30 🏇 POKENO 2:15 📥 BINGO 10:30 Meditation / Relaxation 4:00 † Catholic Mass 2:00 🔥 BINGO 1:30 Shopping - Kaneohe 1:30 Silver Sneakers Cardio 1:30 ← Silver Sneakers Cardio 2:00 Movie: Mr. & Mrs. Smith (NF) 1:45 🖨 Scenic Ride 1:30 - Silver Sneakers Cardio 5:00 🎜 St. Anns Christmas Carols 2:15 **h** BINGO 2:45 - POKENO 3:00 J Ukulele with Addie 6:00 # Resident Christmas Party **National Short Story Day** National Mathematics Day **National Christmas Movie Day** CHRISTMAS EVE MERRY CHRISTMAS! **National Thank You Note Day** National Fruitcake Day 8:00 📮 Medical Shuttle - Windward 8:00 🖨 Medical Shuttle - West Side 9:30 ↔ Flow Exercise 9:30 ↔ Flow Exercise 9:30 • Flow Exercise **National Eggnog Day** National Pumpkin Pie Day 9:55 🏶 Seated Resistance Band 10:00 A Ahuna Ohana Performance 9:55 → Flow Exercise 9:55 → Flow Exercise 9:30 3rd Floor Exercise 9:30 3rd Floor Exercise 8:00 🖨 Medical Shuttle - Honolulu Exercise 9:30 🏶 Seated Resistance Band 9:30 🏶 Seated Resistance Band 10:00 🔥 Game Room Fun 1:30 - Silver Sneakers Cardio 10:00 🏚 Game Room Fun 9:30 ↔ 3rd Floor Exercise 10:15 @ Crochet with Kailie Exercise Exercise 10:30 🏶 Meditation / Relaxation 9:30 🏶 Seated Resistance Band Exercise 10:30 Meditation / Relaxation 2:00 in BINGO 10:00 🔥 Game Room Fun 10:00 🏇 Game Room Fun 1:30 → Silver Sneakers Cardio 10:15 🕆 New Hope Live Stream 2:00 - Balance, Stretching and Toning 1:30 - Silver Sneakers Cardio 10:00 🏟 Game Room Fun 10:30 Meditation / Relaxation 4:00 🕆 Catholic Mass 1:30 → Silver Sneakers Cardio 10·15 📥 BINGO 2:00 🔥 BINGO 2:00 Movie: How the Grinch Stole Christmas 10:30 拳 Meditation / Relaxation 2:00 🎜 Piano Studio Perfomance 10:30 🏶 Meditation / Relaxation 10:30 Music Performance: Roy Hamada 2:00 Movie: Holiday in the Wild (NF) 1:30 - Silver Sneakers Cardio 10:30 Music Performance: Mellow Friends 1:30 → Silver Sneakers Cardio 2:15 🏚 BINGO 1:45 🖨 Scenic Ride 1:30 🗐 Shopping - Kaneohe 2:45 🏚 POKENO 3:00 🖪 Addie's Ukulele Christmas Concert 2:45 🏚 POKENO 1:30 - Silver Sneakers Cardio National Card Playing Day National Tick Tock Day NEW YEAR'S EVE **National Resolution Planning Day** 9:30 ↔ Flow Exercise 8:00 🖨 Medical Shuttle - Windward 8:00 A Medical Shuttle - West Side National Champagne Day "IT'S NOTWHAT'S UNDER 9:55 🏶 Seated Resistance Band 9:30 3rd Floor Exercise 9:30 • 3rd Floor Exercise 9:30 •• 3rd Floor Exercise Exercise 9:30 🏶 Seated Resistance Band 9:30 🏶 Seated Resistance Band 9:30 🏶 Seated Resistance Band THE CHRISTMAS TREE 10:15 • Crochet with Kailie Exercise Exercise Exercise 10:15 The New Hope Live Stream 10:00 🔥 Game Room Fun 10:00 🔥 Game Room Fun 10:00 🔥 Game Room Fun THAT MATTERS, IT'S 10:30 🌺 Meditation / Relaxation 10:30 🏶 Meditation / Relaxation 1:30 - Silver Sneakers Cardio 10:30 Meditation / Relaxation 2:00 Movie: Tomb Raider (NF) 10:30 Pullele with Brandon 10:30 Star Resolution Craft 1:30 •• Silver Sneakers Cardio WHO'S AROUND IT" 1:30 🖨 Shopping - Kaneohe 1:30 - Silver Sneakers Cardio 2:00 Movie: Champagne Problems (NF) 1:30 - Silver Sneakers Cardio 2:45 🏚 POKENO 2:15 🏚 BINGO 2:15 🔥 BINGO 3:00 J Ukulele with Addie -CHARIIE BROWN