


February 2024
The Plaza at Kaneohe - IL & AL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>"Aloha Kekahi i kekahi"</i> LOVE ONE ANOTHER		ACTIVITIES ARE SUBJECT TO CHANGE	National Serpent Day 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 10:00 🎵 Musical Performance: Hui Malama 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO	Wear Red Day - Dress Up 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:30 🚌 Scenic Ride 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Christopher Robin (Dis) 2:15 🎲 BINGO	National Carrot Cake Day 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Tigertail (NF) 4:30 📖 Catholic Mass
Homemade Soup Day 9:00 ❤️ Flow Exercise 9:30 🚌 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 🌟 'Olelo Hawaii 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: 47 Meters Down Uncaged (NF)	World Nutella Day 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 10:30 🎲 Bingo 11:00 📖 Buddhist Services 1:00 🌟 Celebrate Hawaiian Culture Activities 1:30 🚌 Shopping Trip	National Chopstick Day 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO	National Send a Card to a Friend Day 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 10:30 🌟 Trivia Game 1:00 ❤️ Flow Exercise 1:30 🚌 Scenic 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Wednesday Matinee : The Last Right (PT) 2:15 🎲 BINGO	National Kite Flying Day 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 with Joslyn 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO 3:00 🌟 Design and Fly a Kite	National Pizza Day 9:00 ❤️ Flow Exercise 9:30 🚌 Excursion - Japanese Cultural Center 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Society of The Snow (NF) 2:15 🎲 BINGO	Chinese New Year 4:30 📖 Catholic Mass 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Ruby Bridges (DIS) 2:15 🌟 Chinese New Year Craft - Almond Cookies
Superbowl Day 9:00 ❤️ Flow Exercise 9:30 🚌 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:30 🎲 SUPERBOWL TAILGATE 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: Spoiler Alert (PT)	National Lost Penny Day 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 1:00 ❤️ Flow Exercise 1:30 🚌 Shopping Trip 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:15 🎲 BINGO	Mardi Gras 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 10:15 ❤️ Strength Training with Weights 10:30 🎵 Jon Koki Musical Performance 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Resident Council 3:00 🌟 Fat Tuesday - Design your Mardi Gras Mask	Valentine's Day 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 10:30 📖 Room Blessings - Fr. Paul Catholic Priest 11:30 📖 Ash Wednesday Catholic Mass 1:00 ❤️ Flow Exercise 1:30 🚌 Excursion 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Wednesday Matinee : The Last Thing He Wanted (NF) 2:15 🎲 BINGO	National Gumdrops Day 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 10:15 🎵 Silent Disco: Hawaii Dance Bomb 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO	National Almond Day 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎵 Musical Performance: Hank The Singing Dutchman 1:00 ❤️ Flow Exercise 1:30 🚌 Scenic Ride 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Miracle at Midnight (DIS) 2:15 🎲 BINGO	Red Sock Day- Dress Up 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Big Eyes (NF)
National Drink Wine Day 9:00 ❤️ Flow Exercise 9:30 🚌 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 🌟 'Olelo Hawaii 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: The Temptation of Christ (PT) 5:45 🎲 Family Game Night: Mahjong, Hanafuda	Presidents' Day 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 1:00 🎬 Lion Dance 1:30 🚌 Shopping Trip 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:15 🎲 BINGO	National Love Your Pet Day 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 10:15 ❤️ Strength Training with Weights 10:30 🏃 Lei Making 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO	National Sticky Bun Day 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌟 Trivia Game 10:15 ❤️ Strength Training with Weights 12:00 🍻 Kau Kau Club 1:00 ❤️ Flow Exercise 1:30 🚌 Excursion 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Wednesday Matinee : Cas & Dylan (PT) 2:15 🎲 BINGO	National Margarita Day 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 10:15 🌟 POKENO 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎲 Staff Meeting 6:30 🎬 Alzheimer Caregiver Support Group	Play Tile Day 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎵 Na Kupuna O Ko'olau 1:00 ❤️ Flow Exercise 1:30 🚌 Scenic Ride 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: The Shepherd (DIS) 2:15 🎲 BINGO	National Tortilla Day 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Tarzan (NF) 2:30 🏃 Crafts
National Clam Chowder Day 9:00 ❤️ Flow Exercise 9:30 🚌 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 🌟 'Olelo Hawaii 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: Two Weeks (PT)	National Pistachio Day 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 🎵 Mellow Friends Karaoke 10:15 🐾 Pet Visits 1:00 ❤️ Flow Exercise 1:30 ❤️ Balance, Stretching and Toning 1:30 🚌 Shopping Trip 2:15 🎲 BINGO	National Retro Day - Dress Up 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 10:15 ❤️ Strength Training with Weights 10:30 🎵 Musical Performance: Roy Hamada 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO	National Floral Design Day 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 ❤️ Strength Training with Weights 10:30 🌟 Are You Smarter Than a 5th Grader? 1:00 ❤️ Flow Exercise 1:30 🚌 Excursion 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Wednesday Matinee : FOE (PT) 2:15 🎲 BINGO 3:15 🌟 Flower Arrangements	Leap Day 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 10:00 🎵 Musical Performance: Legacy 1:00 ❤️ Flow Exercise 1:40 ❤️ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO	