



Saturday



Sunday



Monday

"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."

- John Boswell

↑ FAT TUESDAY (Day Before Ash



10a	NATIO DAY	NA	L [
	9:00		Mo Ex
	9:45		Ind
	1:15	•	Mi
	2:00	4	Ar
	3:00	\otimes	Ch
	3:30	,,	Sir

	Tituloday	
NATIONA DAY	AL DARK CHOCOLATE	
9:00	Morning Greetings & Exercise	
9:45	Indoor Relaxation	
1:15 🕶	Midday Stretches	
2:00 🔏	Arts & Crafts	
3:00 ↔	Chair Yoga Dance	
3:30 🎜	Sing Along	

NATIONAL WEAR RED DAY (Dress Up) 9:00 Morning Greetings & Exercise Indoor Relaxation 1:15 • Midday Stretches 2:00 5 Seated Zumba 3:00 BINGO

9:00 Morning Greetings & Exercise 9:45

Kickball 1:15 • Midday Stretches Sing Along Bingo & Snacks 3:00 🌣 Brain Games

9

2 NATIONAL CARROT CAKE DAY (FSD)

Happy Bi Kobashig	irthday, Yoshiharu gawa! 4
NATIONA	AL HOMEMADE SOUP
DAY (FSI	D)
9:00	Morning Greetings & Exercise
9:45	Kickball
1:15 🕶	Midday Stretches
1:30 🆀	Church Service with Pastor Carl
	& Pastor Steve
2:45	Bingo & Snacks
3:30 ⊛	Sing Along
SUPERB	OWL 11
0.00	Manusius of One address of O

WORL	D NUTELLA DAY	
9:00	Morning Greetings &	,
	Exercise	
9:45	Kickball	
1:15	Midday Stretches	
2:00	Color And Paint Fun	
3:00		

SM				
5	NATIONAL CHOPSTICKS DAY 9:00 Morning Greetings &	6	NATIONA FRIEND	AL SEND A CARD TO A
	Exercise 9:45 Words Games		9:00	Morning Greetings & Exercise
	1:15 → Midday Stretches 2:15 ← Scenic Bus Ride: Kahala 3:30 Sing Along		_	Sunshine Hour Do You See What I See Midday Stretches

FRIEND	DAY			
9:00	Morning Greetings &			
	Exercise			
9:30	Sunshine Hour			
9:45	Do You See What I See?			
1:15 +	Midday Stretches			
1:45 🤏	Coloring for Relaxation			
2:00	Afternoon Matinee : The Parent			
	Trap			
3:15	Bingo			
VALENT	VALENTINE'S DAV			

9:00		Morning Greetings &
		Exercise
9:45		Indoor Relaxation
10:00	3 33	Rev. Bert Sumikawa (Moiliili
		Hongwanji Mission)
1:15	\leftrightarrow	Midday Stretches
2:00	•	Arts & Crafts
3:00	\otimes	Chair Yoga Dance
3:30	5	Sing Along

7 NATIONAL KITE FLYING DAY

)	Happy Birt	thday, Carole Wee!
)	NATIONAL	L PIZZA DAY (FSD)
		Morning Greetings &
		Exercise
	9:45	Indoor Relaxation
	1:15 🕶 l	Midday Stretches
	2:00 🎜 🤄	Seated Zumba
	3:00 I	BINGO

CHINESE NEW YEAR 1			
Happy Bir	rthday, James Oshiro!	- 1 (
9:00	Morning Greetings & Exercise		
9:45 🏵	Kickball		
1:15 🕶	Midday Stretches		
2:00	Sing Along		
2:30 🎜	Zumba with Annette		

SUPERB	OWL
9:00	Morning Greetings &
	Exercise
9:45	Kickball
1:15 🕶	Midday Stretches
1:30 🦀	Church Service with Pas
	& Pastor Steve
2:45	Bingo & Snacks

3:30 ⊗ Sing Along



PRESIDENTS DAY (Third

_	Wedn	esday	y)	
	Нарру	Birtl	hday, Mitsue Nihei!	
	9:00		Norning Greetings & Exerci	se
			Vords Games	
			/lidday Stretches	
			Scenic Bus Ride: Magic Isla	ar
	3:30	♬ S	Sing Along	

VALENII	NE'S DAY
9:00	Morning Greetings &
	Exercise
9:30	Sunshine Hour
9:45	Do You See What I See?
1:15 🕶	Midday Stretches
1:45 🔏	Coloring for Relaxation
2:15	Scenic Bus Ride: Lagoon Drive
3:15	Bingo

NATION	NΑ	L GUMDROP DAY
9:00		Morning Greetings &
		Exercise
9:45		Indoor Relaxation
1:15 🕈	-	Midday Stretches
2:00	•	Arts & Crafts
3:00 €	\mathcal{E}	Chair Yoga Dance
3:30 』		Sing Along

Л	NATIONA	AL ALMOND DAY	1
C	9:00	Morning Greetings &	
		Exercise	
	9:45	Indoor Relaxation	
	1:15 🕶	Midday Stretches	
	2:00 🎜	Seated Zumba	
	3:00	BINGO	

9:00		Morning Greetings
		Exercise
9:45	\otimes	Kickball
1:15	•	Midday Stretches
2:00		Sing Along
2:30		Bingo & Snacks
3:00	ij.	Brain Games

NATIONAL RED SOCK (Dress

3:00 Sing Along

NATIONA	L DRINK WINE DAY
9:00	Morning Greetings &
	Exercise
9:45	Kickball
1:15 🕶	Midday Stretches
1:30 🦀	Church Service with Past
	& Pastor Steve

9.45 KICKDall	Exercise
1:15 •• Midday Stretches	9:45 Kickball
1:30	1:15 •• Midday Stretches
& Pastor Steve	2:00 Chinese New Year Lion Dance
2:45 Bingo & Snacks	2:00 S Color And Paint Fun
3:30	3:00 💠 BINGO

3:00 🌣 BINGO

Monda	ny in February)	9
9:00	Morning Greetings &	
	Exercise	
9:45	Kickball	
1:15	Midday Stretches	
2:00	Chinese New Year Lion Dance	e
2:00	Color And Paint Fun	
3:00	🌣 BINGO	

Happy Birthday, Robert Vidinha & Margie Her!				
NATIONA DAY	L LOVE YOUR PET			
9:00	Morning Greetings & Exercise			
9:45 💸	Words Games			
1:15 🕶	Midday Stretches			
2:15 💂	Scenic Bus Ride: China Town			

7	NATIONA	L STICKY BUN DAY
J	9:00	Morning Greetings &
		Exercise
	9:30	Sunshine Hour
	9:45	Do You See What I See?
	1:15 🕶	Midday Stretches
	1:45 🔏	Coloring for Relaxation
	3:15	Bingo

NATIO)NA	L MARGARITA DAY
9:00		Morning Greetings &
		Exercise
9:45		Indoor Relaxation
1:15	\leftrightarrow	Midday Stretches
2:00	•	Arts & Crafts
3:00	\otimes	Chair Yoga Dance
3:30	,	Sing Along

NATIONAL LEAP DAY

Exercise

9:45 Indoor Relaxation

1:15 • Midday Stretches

2:00 S Arts & Crafts

3:30 5 Sing Along

Morning Greetings &

9:00

22	NATIONA	AL TILE DAY
	9:00	Morning Greetings &
		Exercise
	9:45	Indoor Relaxation
	1:15 🕶	Midday Stretches
	2:00 🎜	Seated Zumba
	3:00	BINGO

כיר	NATIONA	AL TORTILLA CHIP DA
4 3	9:00	Morning Greetings &
		Exercise
	9:45 ↔	Kickball
	1:15 🕶	Midday Stretches
	2:00	Sing Along
	2:30	Bingo & Snacks
	3:00 🌣	Brain Games

Happy Birthday, Yoshie Chu 8
Reginald Park & Nobuko
Toyama!
NATIONAL CLAM CHOWDER

NATIONAL CLAM CHOWDER DAY (FSD)				
9:00	Morning Greetings & Exercise			
9:45	Kickball			
1:15	Midday Stretches			
4 00	OL LO L MID . O			

1:30	199	Church Service with Pastor C
		& Pastor Steve
2:45		Bingo & Snacks
3:30	\otimes	Sing Along

NATIONAL PISTACHIO DAY		
9:00	Morning Greetings &	
	Exercise	
9:45	Kickball	

NATION	7	
9:00	Morning Greetings &	
	Exercise	
9:45	Kickball	
1:15 +	 Midday Stretches 	

10



3:30 5 Sing Along

Exercise 9:45 Vords Games 1:15 • Midday Stretches

2:15 🖨 Scenic Bus Ride: Tantalus 3:30 5 Sing Along

NATIONAL FLORAL DESIGN DAY 9:00 Morning Greetings & Exercise Sunshine Hour 9:30 Do You See What I See? 9:45

		Midday Stretches
1:45	4	Coloring for Relaxation
2:15		Scenic Bus Ride: Palolo Valley
		[T]
3:15		Bingo



