

February 2026

Independent/Assisted

created with  Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hula In The Coola Day 9:30 Flow Exercise 9:55 Seated Resistance Band Exercise 10:15 Crochet with Kailie 10:15 New Hope Live Stream 1:30 Silver Sneakers Cardio 2:00 Movie: Soul On Fire (NF)	1 World Play Ukulele Day 8:00 Medical Shuttle - Windward 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Ukulele with Addie 11:00 Buddhist Services 1:30 Music and Movement 1:30 Shopping - Kaneohe 2:15 BINGO	2 American Painter's Day 8:00 Medical Shuttle - West Side 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Silent Disco: Hawaii Dance Bomb 1:30 Silver Sneakers Cardio 2:15 POKENO	3 Sweater Day 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Music Performance: Ola 1:30 Silver Sneakers Cardio 2:00 Movie: Little Women (NF) 2:15 BINGO 3:00 Birthday Celebration	4 World Read Aloud Day 8:00 Medical Shuttle - Honolulu 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:15 Tech Support with Activity Aids 10:30 Meditation / Relaxation 1:30 Silver Sneakers Cardio 2:00 Movie: People We Meet on Vacation (NF) 2:15 POKENO 4:30 Music Performance: Peter Violinist (1st Seating)	5 Pay-a-Compliment Day 9:30 Flow Exercise 9:55 Dancing with Del Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 1:30 Silver Sneakers Cardio 2:00 BINGO 2:00 Movie: People We Meet on Vacation (NF)	6 National Wear Red Day 9:30 Flow Exercise 9:55 Dancing with Del Exercise 10:30 Victory Hawaii Church Bingo 1:30 Silver Sneakers Cardio 2:00 BINGO 2:00 Balance, Stretching and Toning 4:00 Catholic Mass
Superbowl Sunday 9:30 Flow Exercise 9:55 Seated Resistance Band Exercise 10:15 Crochet with Kailie 10:15 New Hope Live Stream 1:00 Superbowl Party	8 Laugh and Get Rich Day 8:00 Medical Shuttle - Windward 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:15 Dancing with Del Exercise 10:30 Meditation / Relaxation 1:15 Ukulele with Addie 1:30 Shopping - Kaneohe 1:30 Silver Sneakers Cardio 2:15 BINGO	9 Teddy Day 8:00 Medical Shuttle - West Side 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Music Performance: Jon Koki 1:30 Silver Sneakers Cardio 2:00 Resident Council 2:45 POKENO	10 Make A Friend Day 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:15 Tech Support with Activity Aids 10:30 Meditation / Relaxation 11:00 Excursion: Kupuna Konnection @ St. Ann's 1:30 Silver Sneakers Cardio 2:00 Movie: Pitch Perfect (NF) 2:15 BINGO	11 Latern Day 8:00 Medical Shuttle - Honolulu 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:15 Tech Support with Activity Aids 10:30 Meditation / Relaxation 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:15 POKENO 6:30 February Florals and Crafting Night Fun	12 World Radio Day 9:30 Flow Exercise 9:55 Dancing with Del Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Musical Performance Hank the Singing Dutchman 1:30 Silver Sneakers Cardio 2:00 BINGO 2:00 Movie: Pitch Perfect 2 (NF)	13 Valentine's Day 9:30 Flow Exercise 9:55 Dancing with Del Exercise 10:30 Victory Hawaii Church Bingo 1:30 Silver Sneakers Cardio 2:00 BINGO 4:00 Catholic Mass
National Gumdrop Day 9:30 Flow Exercise 9:55 Seated Resistance Band Exercise 10:15 Crochet with Kailie 10:15 New Hope Live Stream 1:30 Silver Sneakers Cardio 2:00 Movie: Faith In The Flames (NF)	15 Presidents' Day 8:00 Medical Shuttle - Windward 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Ukulele with Brandon 12:15 Chinese Lion Dance 1:30 Shopping - Kaneohe 1:30 Silver Sneakers Cardio 2:15 BINGO	16 National Random Act of Kindness Day 8:00 Medical Shuttle - West Side 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Ukulele with Brandon 12:15 Chinese Lion Dance 1:30 Shopping - Kaneohe 1:30 Silver Sneakers Cardio 2:15 BINGO	17 National Drink Wine Day 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Music Performance: Sanford Lee 12:00 KauKau Club 1:30 Silver Sneakers Cardio 2:00 Movie: The Guernsey Literary and Potato Peel Pie Society (NF) 2:15 BINGO	18 National Tug-of-War Day 8:00 Medical Shuttle - Honolulu 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:15 Music Performance: Hui Malama 10:30 Meditation / Relaxation 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:15 POKENO	19 National Comfy Day 9:30 Flow Exercise 9:55 Dancing with Del Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 1:30 Silver Sneakers Cardio 2:00 BINGO 2:00 Movie: How To Train Your Dragon (NF)	20 National Caregivers Day 9:30 BYUH Service Council Event 1:30 Silver Sneakers Cardio 2:00 BINGO 4:00 Catholic Mass
National Walking The Dog Day 9:30 Flow Exercise 9:55 Seated Resistance Band Exercise 10:15 Crochet with Kailie 10:15 New Hope Live Stream 1:30 Silver Sneakers Cardio 2:00 Movie: Bob Marley: One Love (NF)	22 National Play Tennis Day 8:00 Medical Shuttle - Windward 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Music Performance: Mellow Friends 1:15 Ukulele with Addie 1:30 Shopping - Kaneohe 1:30 Silver Sneakers Cardio 2:15 BINGO	23 World Bartender Day 8:00 Medical Shuttle - West Side 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Music Performance: Roy Hamada 1:30 Silver Sneakers Cardio 2:15 POKENO	24 National Quiet Day 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Music Performance: Violinist Peter 1:30 Movie: RESPECT (NF) 1:30 Silver Sneakers Cardio 2:15 BINGO	25 Carpe Diem Day 8:00 Medical Shuttle - Honolulu 9:30 3rd Floor Exercise 9:30 Seated Resistance Band Exercise 10:00 Game Room Fun 10:30 Meditation / Relaxation 10:30 Music Performance: Violinist Peter 1:30 Movie: RESPECT (NF) 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:15 POKENO 6:30 Alzheimer's Support Group	26 National Skip The Straw Day 9:00 Excursion: Ikebana Exhibition 9:30 Flow Exercise 9:55 Dancing with Del Exercise 10:00 Game Room Fun 10:30 Hula and Music: Na Kupuna O Ko'olau 10:30 Meditation / Relaxation 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:15 POKENO 2:00 Movie: Facing The Giants (NF)	27 National Tooth Fairy Day 9:30 Flow Exercise 9:55 Dancing with Del Exercise 1:30 Silver Sneakers Cardio 2:00 BINGO 4:00 Catholic Mass

ACTIVITIES ARE
SUBJECT TO
CHANGE



Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.
1 Corinthians 13:4-5

Arts & Crafts
Celebrations
Educational Classes
Exercise / Physical Activity
Family Event / Support Group
Field Trip / Medical Appointments
Games
Meditation / Mindfulness
Movies / Documentaries
Music / Special Entertainment
One-on-One
Plaza Life Fitness
Religious / Spiritual Programs
Socials / Social Gathering

