

February 2026
Independent/Assisted



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hula In The Coola Day 1 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)	World Play Ukulele Day 2 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	American Painter's Day 3 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	Sweater Day 4 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	World Read Aloud Day 5 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 4:30 🎵 Music Performance: Peter Violinist (1st Seating)	Pay-a-Compliment Day 6 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)	National Wear Red Day 7 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 8 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	Laugh and Get Rich Day 9 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	Teddy Day 10 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	Make A Friend Day 11 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 📺 Hawaiian Culture Class with Addie 10:30 🌟 Meditation / Relaxation 11:00 📺 Excursion: Kupuna Konection @ St. Ann's 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 Movie: Pitch Perfect (NF) 2:15 🎮 BINGO	Latern Day 12 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	World Radio Day 13 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)	Valentine's Day 14 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 15 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)	Presidents' Day 16 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	National Random Act of Kindness Day 17 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 1:30 ↔ Silver Sneakers Cardio 2:15 🎮 POKENO	National Drink Wine Day 18 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	National Tug-of-War Day 19 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	National Comfy Day 20 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)	National Caregivers Day 21 9:30 🎵 BYUH Service Council Event 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 4:00 📺 Catholic Mass
National Walking The Dog Day 22 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)	National Play Tennis Day 23 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	World Bartender Day 24 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	National Quiet Day 25 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	Carpe Diem Day 26 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: Aaron Cui 1:30 ↔ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:15 🎮 POKENO 6:30 ❤️ Alzheimer's Support Group	National Skip The Straw Day 27 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 2:00 🎮 BINGO 2:00 🎬 Movie: Facing The Giants (NF)	National Tooth Fairy Day 28 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
- 📺

