

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">— HAPPY NEW YEAR —</p> <h1 style="text-align: center; color: red;">2025</h1>			<p><b>HAPPY NEW YEAR!</b> <span style="float: right;">1</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:15 ❤️ Strength Training with weights 1:30 ❤️ Silver Sneakers Cardio 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Forge (NF) 2:45 🎲 BINGO 5:00 📖 New Year's Catholic Mass</p>	<p><b>National Cream Puff Day</b> <span style="float: right;">2</span></p> <p>8:00 🚌 Medical Shuttle - Honolulu 9:30 📖 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance "B" Training 10:00 🌟 Game Room Activities 10:30 🎵 <b>Music and Movement</b> 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p><b>National Drinking Straw Day</b> <span style="float: right;">3</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🌟 Game Room Activities 10:30 🎉 Birthday Bead Fun 1:30 ❤️ Silver Sneakers Cardio 2:00 🎲 BINGO</p>	<p><b>National Trivia Day</b> <span style="float: right;">4</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎲 <b>Victory Hawaii Church Bingo</b> 1:30 🎬 Movie: A Man on The Inside (NF) 1:30 ❤️ Silver Sneakers Cardio 2:00 🌟 BINGO</p>
<p><b>National Bird Day</b> <span style="float: right;">5</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 📖 Live Stream: New Hope Video Service (Media Room) 1:30 🎬 Movie: Moana (DIS) 1:30 ❤️ Silver Sneakers Cardio 2:30 🌟 Brain Games</p>	<p><b>National Technology Day</b> <span style="float: right;">6</span></p> <p>8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance "A" Training 10:00 🌟 Game Room Activities 11:00 📖 Christian Meditation 1:30 🚌 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎲 BINGO</p>	<p><b>National Bobblehead Day</b> <span style="float: right;">7</span></p> <p>8:00 🚌 Medical Shuttle - West Side 9:30 ❤️ Seated Resistance "B" Training 10:00 🌟 Game Room Activities 10:30 🎉 <b>Silent Disco: Hawaii Dance Bomb</b> 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p><b>National Bubble Bath Day</b> <span style="float: right;">8</span></p> <p>9:30 ❤️ Seated Resistance "A" Training 10:00 🌟 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 🎬 Movie: Red One (PT) 2:45 🎲 BINGO</p>	<p><b>National Law Enforcement Day</b> <span style="float: right;">9</span></p> <p>8:00 🚌 Medical Shuttle - Honolulu 9:30 📖 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance "B" Training 10:00 🌟 Game Room Activities 10:30 🎵 <b>Musical Performance Legacy</b> 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p><b>National Houseplant Appreciation Day</b> <span style="float: right;">10</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🌟 Game Room Activities 10:30 🌟 Adopt A Plant Activity 1:30 ❤️ Silver Sneakers Cardio 2:45 🎲 BINGO</p>	<p><b>National Arkansas Day</b> <span style="float: right;">11</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎲 Blackjack Tournament 1:30 🎬 Movie The Six Triple Eight (NF) 1:30 ❤️ Silver Sneakers Cardio 2:00 🌟 BINGO 4:00 📖 Catholic Mass</p>
<p><b>National Marzipan Day</b> <span style="float: right;">12</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 📖 Live Stream: New Hope Video Service (Media Room) 1:30 🎬 Movie: The Dressmaker (PT) 1:30 ❤️ Silver Sneakers Cardio 2:30 🌟 Brain Games</p>	<p><b>National Sticker Day</b> <span style="float: right;">13</span></p> <p>8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance "A" Training 10:00 🌟 Game Room Activities 11:00 📖 Christian Meditation 1:30 🚌 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎲 BINGO</p>	<p><b>National Dress Up Your Pet Day</b> <span style="float: right;">14</span></p> <p>8:00 🚌 Medical Shuttle - West Side 9:30 ❤️ Seated Resistance "B" Training 10:00 🌟 Game Room Activities 10:30 🎵 <b>Jon Koki Musical Performance</b> 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 🗳️ <b>Resident Council</b> 2:45 🎲 POKENO</p>	<p><b>National Strawberry Ice Cream Day</b> <span style="float: right;">15</span></p> <p>9:30 ❤️ Seated Resistance "A" Training 10:00 🌟 Game Room Activities 10:30 🎵 <b>Musical Performance: Sanford Lee</b> 12:00 🍻 Kau Kau Club 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 🎬 Movie: Love and Gelato (NF) 2:45 🎲 BINGO</p>	<p><b>National Religious Freedom Day</b> <span style="float: right;">16</span></p> <p>8:00 🚌 Medical Shuttle - Honolulu 9:30 📖 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance "B" Training 10:00 🌟 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p><b>National Popeye The Sailor Man Day</b> <span style="float: right;">17</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🌟 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 2:45 🎲 BINGO</p>	<p><b>National Winnie The Pooh Day</b> <span style="float: right;">18</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎲 <b>Victory Hawaii Church Bingo</b> 1:30 🎬 Movie: Carry-on (NF) 1:30 ❤️ Silver Sneakers Cardio 2:00 🌟 BINGO 2:00 ❤️ <b>Balance, Stretching and Toning</b> 4:00 📖 Catholic Mass</p>
<p><b>National Popcorn Day</b> <span style="float: right;">19</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 📖 Live Stream: New Hope Video Service (Media Room) 1:30 🎬 Movie: Barbie (NF) 1:30 ❤️ Silver Sneakers Cardio 2:30 🌟 Brain Games</p>	<p><b>Martin Luther King, Jr. Day</b> <span style="float: right;">20</span></p> <p>8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance "A" Training 10:00 🌟 Game Room Activities 11:00 📖 Christian Meditation 1:00 🎉 <b>Chinese Lion Dance Celebration</b> 1:30 🚌 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎲 BINGO</p>	<p><b>National Hugging Day</b> <span style="float: right;">21</span></p> <p>8:00 🚌 Medical Shuttle - West Side 9:30 ❤️ Seated Resistance "B" Training 10:00 🌟 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p><b>Celebration of Life Day</b> <span style="float: right;">22</span></p> <p>9:30 ❤️ Seated Resistance "A" Training 10:00 🌟 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 🎬 Movie: Little (NF) 2:45 🎲 BINGO</p>	<p><b>National Pie Day</b> <span style="float: right;">23</span></p> <p>8:00 🚌 Medical Shuttle - Honolulu 9:30 📖 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance "B" Training 10:00 🌟 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO 6:30 🗳️ Alzheimer Caregiver Support Group</p>	<p><b>National Big Wig Day</b> <span style="float: right;">24</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🌟 Game Room Activities 10:30 🎵 <b>Musical Performance: Dean Hirata</b> 1:30 ❤️ Silver Sneakers Cardio 2:45 🎲 BINGO</p>	<p><b>National Irish Coffee Day</b> <span style="float: right;">25</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎲 Blackjack Tournament 1:30 🎬 Movie: Maid In Manhattan (NF) 1:30 ❤️ Silver Sneakers Cardio 2:00 🌟 BINGO 2:00 ❤️ <b>Balance, Stretching and Toning</b> 4:00 📖 Catholic Mass</p>
<p><b>National Peanut Brittle Day</b> <span style="float: right;">26</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 📖 Live Stream: New Hope Video Service (Media Room) 1:30 🎬 Movie: Five Blind Dates (PT) 1:30 ❤️ Silver Sneakers Cardio 2:30 🌟 Brain Games</p>	<p><b>Viet Nam Peace Day</b> <span style="float: right;">27</span></p> <p>8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance "A" Training 10:00 🌟 Game Room Activities 11:00 📖 Christian Meditation 1:30 🚌 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎲 BINGO</p>	<p><b>National Kazoo Day</b> <span style="float: right;">28</span></p> <p>8:00 🚌 Medical Shuttle - West Side 9:30 ❤️ Seated Resistance "B" Training 10:00 🌟 Game Room Activities 10:30 🎵 <b>Musical Performance: Roy Hamada</b> 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p><b>National Puzzle Day</b> <span style="float: right;">29</span></p> <p>9:30 ❤️ Seated Resistance "A" Training 10:00 🌟 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 🎬 Movie: The 5th Quarter (PT) 2:45 🎲 BINGO</p>	<p><b>National Croissant Day</b> <span style="float: right;">30</span></p> <p>8:00 🚌 Medical Shuttle - Honolulu 9:30 📖 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance "B" Training 10:00 🌟 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p><b>Inspire Your Heart With Art Day</b> <span style="float: right;">31</span></p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🌟 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 2:45 🎲 BINGO</p>	<ul style="list-style-type: none"> <li>🎨 Creative</li> <li>🚌 Excursions</li> <li>🌟 Intellectual</li> <li>🍻 Meals</li> <li>🎬 Movies</li> <li>🎵 Music</li> <li>🌟 National Day Event</li> <li>❤️ Physical</li> <li>🎲 Social</li> <li>🎉 Special Events</li> <li>📖 Spiritual</li> </ul>