


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>ACTIVITIES ARE SUBJECT TO CHANGE</div>		<div>"There is beauty in every January sunrise --- a new day, a new opportunity to grow" ~ Unknown</div>	<div><div>Arts / Crafts</div><div>Celebrations</div><div>Educational Classes</div><div>Exercise / Physical Activity</div><div>Field Trip / Medical Appointments</div><div>Games</div><div>Meditation / Mindfulness</div><div>Movies / Documentaries</div><div>Music / Special Entertainment</div><div>One-on-One</div><div>Plaza Life Fitness</div><div>Religious / Spiritual Programs</div><div>Socials / Social Gathering</div><div>Volunteering / Community Service</div></div>	<div>HAPPY NEW YEAR! National Apple Gifting Day 8:00 🚌 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🧩 Game Room Fun 10:30 🎮 2026 Goal Cranes 10:30 🌟 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:15 🧩 POKENO</div>	<div>National Science Fiction Day 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🧩 Game Room Fun 10:30 🌟 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🧩 BINGO 2:00 🎬 <i>Movie: The Water Horse: Legends of the Deep</i></div>	<div>National JRR Tolkien Day 9:30 ↔ Flow Exercise 9:55 ↔ Flow 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</div>
<div>National Trivia 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 🎬 <i>Movie: The Adam Project</i></div>	<div>National Bird 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 11:00 🕯 Buddhist Services 1:30 🎵 <i>Music & Movement</i> 1:30 🚌 Shopping - Kaneohe 2:15 🧩 BINGO 3:00 🎵 <i>Ukulele with Addie</i></div>	<div>National Epiphany 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 🎵 <i>Silent Disco: Hawaii Dance Bomb</i> 1:30 ↔ Silver Sneakers Cardio 2:15 🧩 POKENO</div>	<div>National Bobblehead Day 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🧩 Game Room Fun 10:30 🎮 2026 Vision Board Magazine Flowers 10:30 🌟 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>Movie: Aquaman and The Lost Kingdom</i> 2:15 🧩 BINGO 3:00 🎉 <i>Birthday Celebration Event</i></div>	<div>National Argyle 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 🎵 <i>Music Performance: Coffee & Me</i> 1:30 ↔ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:15 🧩 POKENO</div>	<div>National Law Enforcement Day 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🧩 Game Room Fun 10:30 🌟 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🧩 BINGO 2:00 🎬 <i>Movie: Crazy Rich Asians</i></div>	<div>National Houseplant Day 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 1:30 ↔ Silver Sneakers Cardio 2:00 🧩 BINGO 4:00 🕯 Catholic Mass</div>
<div>National Milk 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 🎬 <i>Movie: Little Women</i></div>	<div>National Kiss a GingerDay 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 1:30 🚌 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:15 🧩 BINGO 3:00 🎵 <i>Ukulele with Addie</i></div>	<div>National Sticker 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 🎮 Stained Glass Painting 1:30 ↔ Silver Sneakers Cardio 2:00 🏛 Resident Council 2:45 🧩 POKENO</div>	<div>National Dress Your Pet Day 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 2:00 🎬 <i>Movie: As Good As It Gets</i> 2:15 🧩 BINGO</div>	<div>National Hat Day 8:00 🚌 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🧩 Game Room Fun 10:30 🎮 Bead Barretts Craft 10:30 🌟 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:15 🧩 POKENO</div>	<div>National Religious Freedom Day 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🧩 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 <i>Music Performance: Hank the Singing Dutchman</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🧩 BINGO 2:00 🎬 <i>Movie: Cast Away</i></div>	<div>National Classy Day 9:30 ↔ Flow Exercise 9:55 ↔ Flow 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</div>
<div>National Winnie The Pooh 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 🎬 <i>Movie: Train Dreams</i></div>	<div>Martin Luther King, Jr. Day 8:00 🚌 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🧩 Game Room Fun 10:30 🎮 Dream Jars Craft 10:30 🌟 Meditation / Relaxation 1:30 🚌 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:15 🧩 BINGO 3:00 🎵 <i>Ukulele with Addie</i></div>	<div>National Cheese Lover'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 1:30 ↔ Silver Sneakers Cardio 2:15 🧩 POKENO</div>	<div>National Hugging Day 9:30 ↔ 3rd Floor Exercise 9:30 🌟 Seated Resistance Band Exercise 10:00 🧩 Game Room Fun 10:30 🌟 Meditation / Relaxation 10:30 🎵 <i>Music Performance: Sanford Lee</i> 12:00 🎮 KauKau Club 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>Movie: A League of Their Own</i> 2:15 🧩 BINGO</div>	<div>Celebration Of Life 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 🎵 <i>Music Performance: Aaron Cui</i> 1:30 ↔ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:15 🧩 POKENO</div>	<div>National Pie Day 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🧩 Game Room Fun 10:30 🌟 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🧩 BINGO 2:00 🎬 <i>Movie: Charlie's Angels</i></div>	<div>National Compliment Day 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 1:30 ↔ Silver Sneakers Cardio 2:00 🧩 BINGO 4:00 🕯 Catholic Mass</div>
<div>National Opposite's 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 🎬 <i>Movie: War Room</i></div>	<div>National Bubble Wrap 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 🎵 <i>Music Performance: Mellow Friends</i> 1:30 🚌 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:15 🧩 BINGO 3:00 🎵 <i>Ukulele with Addie</i></div>	<div>National Chocolate 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 🎵 <i>Music Performance: Roy Hamada</i> 1:30 ↔ Silver Sneakers Cardio 2:15 🧩 POKENO</div>	<div>National Kazoo Day 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 2:00 🎬 <i>Movie: All Together Now</i> 2:15 🧩 BINGO</div>	<div>National Puzzle 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 🎮 Puzzle Piece Painting 1:30 ↔ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:15 🧩 POKENO</div>	<div>National Fun Day at Work 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🧩 Game Room Fun 10:30 🧩 Carnival Games 10:30 🌟 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🧩 BINGO 2:00 🎬 <i>Movie: Can You Feel the Beat: The Lisa Lisa Story</i> 6:30 🧩 <i>Game Palooza</i></div>	<div>Inspire Your Heart with Art Day 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:30 🎮 Chinese New Year Horse Painting 1:30 ↔ Silver Sneakers Cardio 2:00 🧩 BINGO 4:00 🕯 Catholic Mass</div>