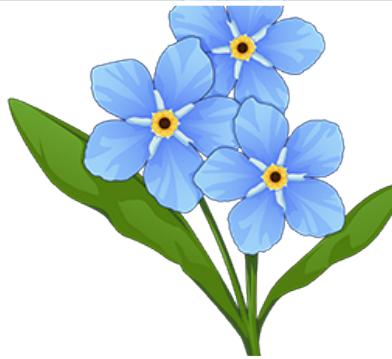
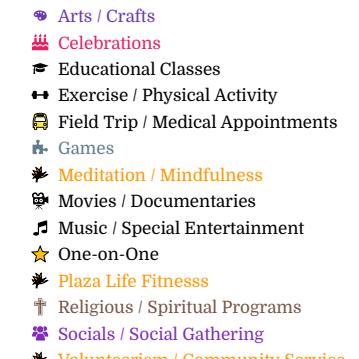




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ACTIVITIES ARE SUBJECT TO CHANGE</b>		<b>"There is beauty in every January sunrise --- a new day, a new opportunity to grow"</b> ~ Unknown		<b>HAPPY NEW YEAR!</b> <b>National Apple Gifting Day</b> 8:00 🚗 Medical Shuttle - Honolulu 9:30 🚗 3rd Floor Exercise 9:30 🌸 Seated Resistance Band Exercise 10:00 🎲 Game Room Fun 10:30 🌸 Meditation / Relaxation 10:30 🎵 2026 Goal Cranes 10:30 🌸 Meditation / Relaxation 1:30 🚗 Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:15 🎲 POKENO	<b>1</b> <b>National Science Fiction Day</b> 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 🎵 Movie: The Water Horse: Legends of the Deep	<b>2</b> <b>National JRR Tolkien Day</b> 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
<b>National Trivia Day</b> 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: The Adam Project	<b>4</b> <b>National Bird Day</b> 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 🎵 Music & Movement 1:30 🚗 Shopping - Kaneohe 2:15 🎲 BINGO 3:00 🎵 Ukulele with Addie	<b>5</b> <b>National Epiphany Day</b> 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	<b>6</b> <b>National Bobblehead Day</b> 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 🎵 Movie: Aquaman and The Lost Kingdom 2:15 🎲 BINGO 3:00 🎸 Birthday Celebration Event	<b>7</b> <b>National Argyle Day</b> 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: Coffee & Me 1:30 🚗 Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:15 🎲 POKENO	<b>8</b> <b>National Law Enforcement Day</b> 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 🎵 Movie: Crazy Rich Asians	<b>9</b> <b>National Houseplant Day</b> 9:30 🚗 Flow Exercise 9:55 🚗 Flow Exercise 1:30 🚗 Silver Sneakers Cardio 2:00 🎲 BINGO 4:00 🕉 Catholic Mass
<b>National Milk Day</b> 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: Little Women	<b>11</b> <b>National Kiss a Ginger Day</b> 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 🎵 Ukulele with Addie	<b>12</b> <b>National Sticker Day</b> 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 🚗 Stained Glass Painting 1:30 🚗 Silver Sneakers Cardio 2:00 🎲 Resident Council 2:45 🎲 POKENO	<b>13</b> <b>National Dress Your Pet Day</b> 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 🎵 Movie: As Good As It Gets 2:15 🎲 BINGO	<b>14</b> <b>National Hat Day</b> 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 🎵 Bead Barretts Craft 1:30 🚗 Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:15 🎲 POKENO	<b>15</b> <b>National Religious Freedom Day</b> 9:30 🚗 Flow Exercise 9:55 🚗 Flow Exercise 10:00 🎲 Game Room Fun 10:30 🌸 Meditation / Relaxation 10:30 🎵 Music Performance: Hank the Singing Dutchman 1:30 🚗 Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:15 🎲 POKENO	<b>16</b> <b>National Classy Day</b> 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
<b>National Winnie The Pooh Day</b> 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: Train Dreams	<b>18</b> <b>Martin Luther King, Jr. Day</b> 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 🎵 Ukulele with Addie	<b>19</b> <b>National Cheese Lover's Day</b> 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	<b>20</b> <b>National Hugging Day</b> 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: A League of Their Own 2:15 🎲 BINGO	<b>21</b> <b>Celebration Of Life Day</b> 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: Sanford Lee 12:00 🎲 KauKau Club 1:30 🚗 Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:15 🎲 POKENO	<b>22</b> <b>National Pie Day</b> 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 🎵 Movie: Charlie's Angels	<b>23</b> <b>National Compliment Day</b> 9:30 🚗 Flow Exercise 9:55 🚗 Flow Exercise 1:30 🚗 Silver Sneakers Cardio 2:00 🎲 BINGO 4:00 🕉 Catholic Mass
<b>National Opposite's Day</b> 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: War Room	<b>25</b> <b>National Bubble Wrap Day</b> 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 1:30 🚗 Shopping - Kaneohe 1:30 🚗 Silver Sneakers Cardio 2:15 🎲 BINGO 3:00 🎵 Ukulele with Addie	<b>26</b> <b>National Chocolate Day</b> 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	<b>27</b> <b>National Kazoo Day</b> 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 🎵 Movie: All Together Now 2:15 🎲 BINGO	<b>28</b> <b>National Puzzle Day</b> 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	<b>29</b> <b>National Fun Day at Work</b> 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 🎵 Movie: Can You Feel the Beat: The Lisa Lisa Story 6:30 🎲 Game Palooza	<b>30</b> <b>Inspire Your Heart with Art Day</b> 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
						<b>31</b>