

July 2025

Independent/ Assisted



| Sunday | Monday | Tuesday
 | Wednesday
 | Thursday
 | Friday
 | Saturday

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| <div></div> | | <div><div>National Creative Ice Cream Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div> <div>1</div> <td><div><div>National Anisette Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Music Performance: Bill Melemai</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie:The Ghost Trap</div><div>2:45 🎵 BINGO</div></div><div>2</div><td><div><div>National Compliment Your Mirror Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 📖 Beautify Your Walker Activity</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🚗 Music & Movement</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "B" Training</div><div>2:00 🎨 Mirror Craft</div><div>2:45 🎵 POKENO</div></div><div>3</div><td><div><div>Independence Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎵 Fourth of July Resident/Walker Parade</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie:The Rhythm</div></div><div>4</div><td><div><div>National Hawaii Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div><div>5</div><tr><td><div><div>National Fried Chicken Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>10:30 📖 Silent Disco: Hawaii Dance Bomb</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Indian Summer</div><div>2:30 🎮 Brain Games</div></div><div>6</div></td><td><div><div>National Macaroni Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>11:00 ⭐ Buddhist Services</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>7</div></td><td><div><div>National Freezer Pop Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🚗 Jon Koki Musical Performance</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:00 🗳 Resident Council</div><div>2:45 🎵 POKENO</div></div><div>8</div></td><td><div><div>National Dimples Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Swing Kids</div><div>2:45 🎵 BINGO</div></div><div>9</div></td><td><div><div>National Kitten Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎵 POKENO</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Dean Hirata</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:30 🎧 Coffee & Me Music Performance</div></div><div>10</div></td><td><div><div>National Blueberry Muffin Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Born Yesterday</div></div><div>11</div></td><td><div><div>National Paper Bag Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div><div>12</div></td></tr><tr><td><div><div>National Barbershop Music Appreciation Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Inherit The Wind</div><div>2:30 🎮 Brain Games</div></div><div>13</div></td><td><div><div>National Tape Measure Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>14</div></td><td><div><div>National Give Something Away Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>15</div></td><td><div><div>National Hot Dog Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Sanford Lee</div><div>12:00 🍷 Kau Kau Club</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Sweet Land</div><div>2:45 🎵 BINGO</div></div><div>16</div></td><td><div><div>National World Emoji Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>17</div></td><td><div><div>National World Listening Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance Hank the Singing Dutchman</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: The Secret of Roan Inish</div></div><div>18</div></td><td><div><div>International Karaoke Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div><div>19</div></td></tr><tr><td><div><div>International Chess Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: One Chance</div><div>2:30 🎮 Brain Games: Chess Theme</div></div><div>20</div></td><td><div><div>National Junk Food Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>21</div></td><td><div><div>National World Brain Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎮 Brain Games</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Roy Hamada</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>22</div></td><td><div><div>National Gorgeous Grandma Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎧 Gorgeous Grandma Celebration</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠
Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Storm Boy</div><div>2:45 🎵 BINGO</div></div><div>23</div></td><td><div><div>National Refreshment Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>24</div></td><td><div><div>International Red Shoe Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Georgia Rule</div></div><div>25</div></td><td><div><div>National All or Nothing Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div><div>26</div></td></tr><tr><td><div><div>National Tree Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Red Dog</div><div>2:30 🎮 Brain Games</div></div><div>27</div></td><td><div><div>National Milk Chocolate Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Mellow Friends Karaoke</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>28</div></td><td><div><div>National Lipstick Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>29</div></td><td><div><div>International Day of Friendship</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: The Keeper</div><div>2:45 🎵 BINGO</div></div><div>30</div></td><td><div><div>National Mutt Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Hui Malama</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>31</div></td><td><div><div>ACTIVITIES ARE SUBJECT TO CHANGE</div><div><div>📖 Book Club / Reading</div><div>🏠 Celebrations</div><div>🏠 Club Visits</div><div>🎮 Cooking / Baking</div><div>🎓 Educational Classes</div><div>↔ Exercise / Physical Activity</div><div>🚗 Field Trip / Medical Appointments</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></div></td></tr></td></td></td></td> | <div><div>National Anisette Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Music Performance: Bill Melemai</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie:The Ghost Trap</div><div>2:45 🎵 BINGO</div></div> <div>2</div> <td><div><div>National Compliment Your Mirror Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 📖 Beautify Your Walker Activity</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🚗 Music & Movement</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "B" Training</div><div>2:00 🎨 Mirror Craft</div><div>2:45 🎵 POKENO</div></div><div>3</div><td><div><div>Independence Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎵 Fourth of July Resident/Walker Parade</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie:The Rhythm</div></div><div>4</div><td><div><div>National Hawaii Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div><div>5</div><tr><td><div><div>National Fried Chicken Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>10:30 📖 Silent Disco: Hawaii Dance Bomb</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Indian Summer</div><div>2:30 🎮 Brain Games</div></div><div>6</div></td><td><div><div>National Macaroni Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>11:00 ⭐ Buddhist Services</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>7</div></td><td><div><div>National Freezer Pop Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🚗 Jon Koki Musical Performance</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:00 🗳 Resident Council</div><div>2:45 🎵 POKENO</div></div><div>8</div></td><td><div><div>National Dimples Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - 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Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Sweet Land</div><div>2:45 🎵 BINGO</div></div><div>16</div></td><td><div><div>National World Emoji Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation /
Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>17</div></td><td><div><div>National World Listening Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance Hank the Singing Dutchman</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: The Secret of Roan Inish</div></div><div>18</div></td><td><div><div>International Karaoke Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div><div>19</div></td></tr><tr><td><div><div>International Chess Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: One Chance</div><div>2:30 🎮 Brain Games: Chess Theme</div></div><div>20</div></td><td><div><div>National Junk Food Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>21</div></td><td><div><div>National World Brain Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎮 Brain Games</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Roy Hamada</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>22</div></td><td><div><div>National Gorgeous Grandma Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎧 Gorgeous Grandma Celebration</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Storm Boy</div><div>2:45 🎵 BINGO</div></div><div>23</div></td><td><div><div>National Refreshment Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>24</div></td><td><div><div>International Red Shoe Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Georgia Rule</div></div><div>25</div></td><td><div><div>National All or Nothing Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div><div>26</div></td></tr><tr><td><div><div>National Tree Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Red Dog</div><div>2:30 🎮 Brain Games</div></div><div>27</div></td><td><div><div>National Milk Chocolate Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Mellow Friends Karaoke</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>28</div></td><td><div><div>National Lipstick Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>29</div></td><td><div><div>International Day of Friendship</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: The Keeper</div><div>2:45 🎵 BINGO</div></div><div>30</div></td><td><div><div>National Mutt Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Hui Malama</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>31</div></td><td><div><div>ACTIVITIES ARE SUBJECT TO CHANGE</div><div><div>📖 Book Club / Reading</div><div>🏠 Celebrations</div><div>🏠 Club Visits</div><div>🎮 Cooking / Baking</div><div>🎓 Educational Classes</div><div>↔ Exercise / Physical Activity</div><div>🚗 Field Trip / Medical Appointments</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></div></td></tr></td></td></td> | <div><div>National Compliment Your Mirror Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 📖 Beautify Your Walker Activity</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🚗 Music & Movement</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "B" Training</div><div>2:00 🎨 Mirror Craft</div><div>2:45 🎵 POKENO</div></div> <div>3</div> <td><div><div>Independence Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎵 Fourth of July Resident/Walker Parade</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie:The Rhythm</div></div><div>4</div><td><div><div>National Hawaii Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div><div>5</div><tr><td><div><div>National Fried Chicken Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>10:30 📖 Silent Disco: Hawaii Dance Bomb</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Indian Summer</div><div>2:30 🎮 Brain Games</div></div><div>6</div></td><td><div><div>National Macaroni Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>11:00 ⭐ Buddhist Services</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>7</div></td><td><div><div>National Freezer Pop Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🚗 Jon Koki Musical Performance</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:00 🗳 Resident Council</div><div>2:45 🎵 POKENO</div></div><div>8</div></td><td><div><div>National Dimples Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Swing Kids</div><div>2:45 🎵 BINGO</div></div><div>9</div></td><td><div><div>National Kitten Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎵 POKENO</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Dean Hirata</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:30 🎧 Coffee & Me Music Performance</div></div><div>10</div></td><td><div><div>National Blueberry Muffin Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Born Yesterday</div></div><div>11</div></td><td><div><div>National Paper Bag
Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div><div>12</div></td></tr><tr><td><div><div>National Barbershop Music Appreciation Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Inherit The Wind</div><div>2:30 🎮 Brain Games</div></div><div>13</div></td><td><div><div>National Tape Measure Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>14</div></td><td><div><div>National Give Something Away Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>15</div></td><td><div><div>National Hot Dog Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Sanford Lee</div><div>12:00 🍷 Kau Kau Club</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Sweet Land</div><div>2:45 🎵 BINGO</div></div><div>16</div></td><td><div><div>National World Emoji Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>17</div></td><td><div><div>National World Listening Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance Hank the Singing Dutchman</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: The Secret of Roan Inish</div></div><div>18</div></td><td><div><div>International Karaoke Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div><div>19</div></td></tr><tr><td><div><div>International Chess Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: One Chance</div><div>2:30 🎮 Brain Games: Chess Theme</div></div><div>20</div></td><td><div><div>National Junk Food Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>21</div></td><td><div><div>National World Brain Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎮 Brain Games</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Roy Hamada</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>22</div></td><td><div><div>National Gorgeous Grandma Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎧 Gorgeous Grandma Celebration</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Storm Boy</div><div>2:45 🎵 BINGO</div></div><div>23</div></td><td><div><div>National Refreshment Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>24</div></td><td><div><div>International Red Shoe Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Georgia Rule</div></div><div>25</div></td><td><div><div>National All or Nothing Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div><div>26</div></td></tr><tr><td><div><div>National Tree Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Red Dog</div><div>2:30 🎮 Brain Games</div></div><div>27</div></td><td><div><div>National Milk Chocolate Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Mellow Friends Karaoke</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>28</div></td><td><div><div>National Lipstick Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>29</div></td><td><div><div>International Day of Friendship</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: The Keeper</div><div>2:45 🎵 BINGO</div></div><div>30</div></td><td><div><div>National Mutt Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Hui Malama</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>31</div></td><td><div><div>ACTIVITIES ARE SUBJECT TO CHANGE</div><div><div>📖 Book Club / Reading</div><div>🏠 Celebrations</div><div>🏠 Club Visits</div><div>🎮 Cooking / Baking</div><div>🎓 Educational Classes</div><div>↔ Exercise / Physical Activity</div><div>🚗 Field Trip / Medical Appointments</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></div></td></tr></td></td> | <div><div>Independence Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎵 Fourth of July Resident/Walker Parade</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie:The Rhythm</div></div> <div>4</div> <td><div><div>National Hawaii Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div><div>5</div><tr><td><div><div>National Fried Chicken Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>10:30 📖 Silent Disco: Hawaii Dance Bomb</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Indian Summer</div><div>2:30 🎮 Brain Games</div></div><div>6</div></td><td><div><div>National Macaroni Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>11:00 ⭐ Buddhist Services</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>7</div></td><td><div><div>National Freezer Pop Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🚗 Jon Koki Musical Performance</div><div>10:30 🌿
Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:00 🗳 Resident Council</div><div>2:45 🎵 POKENO</div></div><div>8</div></td><td><div><div>National Dimples Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Swing Kids</div><div>2:45 🎵 BINGO</div></div><div>9</div></td><td><div><div>National Kitten Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎵 POKENO</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Dean Hirata</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:30 🎧 Coffee & Me Music Performance</div></div><div>10</div></td><td><div><div>National Blueberry Muffin Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Born Yesterday</div></div><div>11</div></td><td><div><div>National Paper Bag Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div><div>12</div></td></tr><tr><td><div><div>National Barbershop Music Appreciation Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Inherit The Wind</div><div>2:30 🎮 Brain Games</div></div><div>13</div></td><td><div><div>National Tape Measure Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>14</div></td><td><div><div>National Give Something Away Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>15</div></td><td><div><div>National Hot Dog Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Sanford Lee</div><div>12:00 🍷 Kau Kau Club</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Sweet Land</div><div>2:45 🎵 BINGO</div></div><div>16</div></td><td><div><div>National World Emoji Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>17</div></td><td><div><div>National World Listening Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance Hank the Singing Dutchman</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: The Secret of Roan Inish</div></div><div>18</div></td><td><div><div>International Karaoke Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div><div>19</div></td></tr><tr><td><div><div>International Chess Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: One Chance</div><div>2:30 🎮 Brain Games: Chess Theme</div></div><div>20</div></td><td><div><div>National Junk Food Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>21</div></td><td><div><div>National World Brain Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎮 Brain Games</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Roy Hamada</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>22</div></td><td><div><div>National Gorgeous Grandma Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎧 Gorgeous Grandma Celebration</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Storm Boy</div><div>2:45 🎵 BINGO</div></div><div>23</div></td><td><div><div>National Refreshment Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>24</div></td><td><div><div>International Red Shoe Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Georgia Rule</div></div><div>25</div></td><td><div><div>National All or Nothing Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div><div>26</div></td></tr><tr><td><div><div>National Tree Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Red Dog</div><div>2:30 🎮 Brain Games</div></div><div>27</div></td><td><div><div>National Milk Chocolate Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Mellow Friends Karaoke</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>28</div></td><td><div><div>National Lipstick Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>29</div></td><td><div><div>International Day of Friendship</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: The Keeper</div><div>2:45 🎵 BINGO</div></div><div>30</div></td><td><div><div>National Mutt Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Hui Malama</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>31</div></td><td><div><div>ACTIVITIES ARE SUBJECT TO CHANGE</div><div><div>📖 Book Club / Reading</div><div>🏠 Celebrations</div><div>🏠 Club Visits</div><div>🎮 Cooking / Baking</div><div>🎓 Educational Classes</div><div>↔ Exercise / Physical Activity</div><div>🚗 Field Trip / Medical Appointments</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></div></td></tr></td> | <div><div>National Hawaii Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and
Toning</div><div>4:00 ⭐ Catholic Mass</div></div> <div>5</div> <tr><td><div><div>National Fried Chicken Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>10:30 📖 Silent Disco: Hawaii Dance Bomb</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Indian Summer</div><div>2:30 🎮 Brain Games</div></div><div>6</div></td><td><div><div>National Macaroni Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>11:00 ⭐ Buddhist Services</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>7</div></td><td><div><div>National Freezer Pop Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🚗 Jon Koki Musical Performance</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:00 🗳 Resident Council</div><div>2:45 🎵 POKENO</div></div><div>8</div></td><td><div><div>National Dimples Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Swing Kids</div><div>2:45 🎵 BINGO</div></div><div>9</div></td><td><div><div>National Kitten Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎵 POKENO</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Dean Hirata</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:30 🎧 Coffee & Me Music Performance</div></div><div>10</div></td><td><div><div>National Blueberry Muffin Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Born Yesterday</div></div><div>11</div></td><td><div><div>National Paper Bag Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div><div>12</div></td></tr> <tr><td><div><div>National Barbershop Music Appreciation Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Inherit The Wind</div><div>2:30 🎮 Brain Games</div></div><div>13</div></td><td><div><div>National Tape Measure Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>14</div></td><td><div><div>National Give Something Away Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>15</div></td><td><div><div>National Hot Dog Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Sanford Lee</div><div>12:00 🍷 Kau Kau Club</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Sweet Land</div><div>2:45 🎵 BINGO</div></div><div>16</div></td><td><div><div>National World Emoji Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>17</div></td><td><div><div>National World Listening Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance Hank the Singing Dutchman</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: The Secret of Roan Inish</div></div><div>18</div></td><td><div><div>International Karaoke Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div><div>19</div></td></tr> <tr><td><div><div>International Chess Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: One Chance</div><div>2:30 🎮 Brain Games: Chess Theme</div></div><div>20</div></td><td><div><div>National Junk Food Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div><div>21</div></td><td><div><div>National World Brain Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎮 Brain Games</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Roy Hamada</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>22</div></td><td><div><div>National Gorgeous Grandma Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎧 Gorgeous Grandma Celebration</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Storm Boy</div><div>2:45 🎵 BINGO</div></div><div>23</div></td><td><div><div>National Refreshment Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>24</div></td><td><div><div>International Red Shoe Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Georgia Rule</div></div><div>25</div></td><td><div><div>National All or Nothing Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div><div>26</div></td></tr> <tr><td><div><div>National Tree Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Red Dog</div><div>2:30 🎮 Brain Games</div></div><div>27</div></td><td><div><div>National Milk Chocolate Day</div><div>8:00 🏠 Medical Shuttle - 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Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Hui Malama</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div><div>31</div></td><td><div><div>ACTIVITIES ARE SUBJECT TO CHANGE</div><div><div>📖 Book Club / Reading</div><div>🏠 Celebrations</div><div>🏠 Club Visits</div><div>🎮 Cooking / Baking</div><div>🎓 Educational Classes</div><div>↔ Exercise / Physical Activity</div><div>🚗 Field Trip / Medical Appointments</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></div></td></tr> | <div><div>National Fried Chicken Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>10:30 📖 Silent Disco: Hawaii Dance Bomb</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Indian Summer</div><div>2:30 🎮 Brain Games</div></div> <div>6</div> | <div><div>National Macaroni Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>11:00 ⭐ Buddhist Services</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div> <div>7</div> | <div><div>National Freezer Pop Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🚗 Jon Koki Musical Performance</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:00 🗳 Resident Council</div><div>2:45 🎵 POKENO</div></div> <div>8</div> | <div><div>National Dimples Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Swing Kids</div><div>2:45 🎵 BINGO</div></div> <div>9</div> | <div><div>National Kitten Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎵 POKENO</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Dean Hirata</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:30 🎧 Coffee & Me Music Performance</div></div> <div>10</div> | <div><div>National Blueberry Muffin Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Born Yesterday</div></div> <div>11</div> | <div><div>National Paper Bag Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div> <div>12</div> | <div><div>National Barbershop Music Appreciation Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Inherit The Wind</div><div>2:30 🎮 Brain Games</div></div> <div>13</div> | <div><div>National Tape Measure Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div> <div>14</div> | <div><div>National Give Something Away Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div> <div>15</div> | <div><div>National Hot Dog Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Sanford Lee</div><div>12:00 🍷 Kau Kau Club</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Sweet Land</div><div>2:45 🎵 BINGO</div></div> <div>16</div> | <div><div>National World Emoji Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div> <div>17</div> | <div><div>National World Listening Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance Hank the Singing Dutchman</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: The Secret of Roan Inish</div></div> <div>18</div> | <div><div>International Karaoke Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div> <div>19</div> | <div><div>International Chess Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: One Chance</div><div>2:30 🎮 Brain Games: Chess Theme</div></div> <div>20</div> | <div><div>National Junk Food Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div> <div>21</div> | <div><div>National World Brain Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎮 Brain Games</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Roy Hamada</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div> <div>22</div> | <div><div>National Gorgeous Grandma Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎧 Gorgeous Grandma Celebration</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - 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Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Mellow Friends Karaoke</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div> <div>28</div> | <div><div>National Lipstick Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room
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 | <div><div>National Blueberry Muffin Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Born Yesterday</div></div> <div>11</div>
 | <div><div>National Paper Bag Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div> <div>12</div>

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| <div><div>National Barbershop Music Appreciation Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Inherit The Wind</div><div>2:30 🎮 Brain Games</div></div> <div>13</div> | <div><div>National Tape Measure Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div> <div>14</div> | <div><div>National Give Something Away Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div> <div>15</div>
 | <div><div>National Hot Dog Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Sanford Lee</div><div>12:00 🍷 Kau Kau Club</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Sweet Land</div><div>2:45 🎵 BINGO</div></div> <div>16</div>
 | <div><div>National World Emoji Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div> <div>17</div>
 | <div><div>National World Listening Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance Hank the Singing Dutchman</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: The Secret of Roan Inish</div></div> <div>18</div>
 | <div><div>International Karaoke Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:30 🎵 Victory Hawaii Church Bingo</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 🌿 Balance, Stretching and Toning</div><div>4:00 ⭐ Catholic Mass</div></div> <div>19</div>

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| <div><div>International Chess Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: One Chance</div><div>2:30 🎮 Brain Games: Chess Theme</div></div> <div>20</div> | <div><div>National Junk Food Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Ukulele with Addie</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div> <div>21</div> | <div><div>National World Brain Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎮 Brain Games</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Roy Hamada</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div> <div>22</div>
 | <div><div>National Gorgeous Grandma Day</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:15 🎧 Gorgeous Grandma Celebration</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: Storm Boy</div><div>2:45 🎵 BINGO</div></div> <div>23</div>
 | <div><div>National Refreshment Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div> <div>24</div>
 | <div><div>International Red Shoe Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>2:00 ↔ Movie: Georgia Rule</div></div> <div>25</div>
 | <div><div>National All or Nothing Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Flow Exercise</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🎵 BINGO</div><div>4:00 ⭐ Catholic Mass</div></div> <div>26</div>

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| <div><div>National Tree Day</div><div>9:30 🌿 Flow Exercise</div><div>9:50 🌿 Seated Resistance Training</div><div>10:15 ⭐ Live Stream: New Hope Video Service (Media Room)</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 ↔ Movie: Red Dog</div><div>2:30 🎮 Brain Games</div></div> <div>27</div> | <div><div>National Milk Chocolate Day</div><div>8:00 🏠 Medical Shuttle - Windward</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Mellow Friends Karaoke</div><div>1:30 🏠 Shopping - Kaneohe</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:45 🎵 BINGO</div></div> <div>28</div> | <div><div>National Lipstick Day</div><div>8:00 🏠 Medical Shuttle - West Side</div><div>9:30 🌿 Luk Tung Kuen</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div> <div>29</div>
 | <div><div>International Day of Friendship</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🎮 Blackjack and Poker Fun!</div><div>10:30 🌿 Meditation / Relaxation</div><div>1:30 🏠 Shopping - Town</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>2:00 🌿 Circuit "A" Training</div><div>2:00 ↔ Movie: The Keeper</div><div>2:45 🎵 BINGO</div></div> <div>30</div>
 | <div><div>National Mutt Day</div><div>8:00 🏠 Medical Shuttle - Honolulu</div><div>9:30 🌿 Seated Resistance Training</div><div>10:00 🎮 Game Room Activities</div><div>10:30 🌿 Meditation / Relaxation</div><div>10:30 🎧 Musical Performance: Hui Malama</div><div>10:30 ⭐ Prayer Group - Kailua Christian Church</div><div>1:30 🌿 Silver Sneakers Cardio</div><div>1:45 🏠 Scenic Ride</div><div>2:00 🌿 Circuit "B" Training</div><div>2:45 🎵 POKENO</div></div> <div>31</div>
 | <div><div>ACTIVITIES ARE SUBJECT TO CHANGE</div><div><div>📖 Book Club / Reading</div><div>🏠 Celebrations</div><div>🏠 Club Visits</div><div>🎮 Cooking / Baking</div><div>🎓 Educational Classes</div><div>↔ Exercise / Physical Activity</div><div>🚗 Field Trip / Medical Appointments</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></div>
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