

June 2022
The Plaza at Kaneohe - IL & AL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Craft Activities may be limited, dependent on supply availability.	Each shuttle ride can have up to 14 residents. Excursions may be limited to less than 10.	National Nail Polish Day 1 8:45 🚌 Walking Club 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 10:15 🧘 Morning Activity: Manicures 1:00 ❤️ Flow Exercise 1:30 🚌 IL Scenic 1:40 ❤️ Flow Exercise Session 2:15 🎮 BINGO	National Rocky Road Day 2 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:00 🙏 Hongwangi Buddhist Service 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 POKENO 4:00 🎮 Afternoon Activity: Oldies But Goodies	National Egg Day 3 8:45 🚌 IL Shopping Trip or Walking Club 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🧘 Bead Art Class 10:15 🎮 Board and Card Games 12:30 🚌 Excursion 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:10 🎮 Movie & Popcorn: Battle 3:00 🎮 TGI Friday: Popcorn	National Cat Day 4 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:00 🎮 Movie: Happy Feet 2:10 🎵 Sing-A-Long 3:00 🧠 Scrabble
National Moonshine Day 5 9:00 ❤️ Qi Gong 9:00 🛒 Shopping in Kaneohe 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📺 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:00 🎮 Movie: Audrey 3:10 🧠 Game: Black Jack	National Drive in Movie Day 6 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Pet Visits 10:30 ❤️ Balance, Stretching and Toning 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 BINGO	National Chocolate Ice Cream Day 7 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🎵 Jon Koki Musical Performance 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 POKENO 3:15 🎮 Afternoon Activity: Chocolate Ice Cream Sundaes	National Best Friends Day 8 8:45 🚌 Walking Club 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:30 🚌 IL Scenic 1:40 ❤️ Flow Exercise Session 2:15 🎮 BINGO	National Donald Duck Day 9 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🎮 Music and Movement with Joslyn 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 POKENO 3:15 🧘 Afternoon Activity	National Iced Tea Day 10 8:45 🚌 IL Shopping Trip or Walking Club 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 12:30 🚌 Excursion 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:10 🎮 Movie: Forest Gump 3:10 🎮 Iced Tea, fruits and cookies	National Corn on the Cob Day 11 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:00 🎮 Movie: The American President 2:10 🎵 Sing-A-Long
National Red Rose Day 12 9:00 ❤️ Qi Gong 9:00 🛒 Shopping in Kaneohe 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📺 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:00 🎮 Movie: Penguin Bloom	National Sewing Machine Day 13 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Pet Visits 10:30 ❤️ Balance, Stretching and Toning 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 BINGO	National Strawberry Shortcake Day 14 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:00 🎮 Resident Council 2:30 🎮 POKENO	National Nature Photography Day 15 8:45 🚌 Walking Club 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 12:00 🎮 Kau Kau Club - Dean's Drive Inn 1:00 ❤️ Flow Exercise 1:30 🚌 IL Scenic 1:40 ❤️ Flow Exercise Session 2:15 🎮 BINGO	National Fudge Day 16 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🧘 Silent Disco: Hawaii Dance Bomb 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 POKENO 3:15 🧘 Afternoon Activity: Building a Wind Chime	National Wear Blue Day 17 8:45 🚌 IL Shopping Trip or Walking Club 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🧘 Bead Art Class 10:15 🎮 Board and Card Games 12:30 🚌 Excursion 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:10 🎮 Movie & Popcorn: Mama Mia 3:00 🎮 TGI Friday: Popcorn	National Go Fishing Day 18 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:00 🎮 Movie:42 2:10 🎵 Sing-A-Long 3:00 🧠 Scrabble
Father's Day 19 9:00 ❤️ Qi Gong 9:00 🛒 Shopping in Kaneohe 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📺 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:00 🎮 Movie: The Bucket List 3:10 🧠 Game: Black Jack	National Ice Cream Soda Day 20 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎵 Musical Performance by Randy Nunes 10:15 🎮 Pet Visits 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 BINGO	National Seashell Day 21 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🎵 Hank The Singing Dutchman 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 POKENO 3:15 🧘 Afternoon Activity: Sea Shell pots & Succulents	National Chocolate Eclair Day 22 8:45 🚌 Walking Club 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:30 🚌 IL Scenic 1:40 ❤️ Flow Exercise Session 2:30 🎮 BINGO	National Hydration Day 23 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🧘 Music and Movement with Joslyn 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 POKENO 3:15 🧘 Afternoon Activity: Summer Fans	National Pralines Day 24 8:45 🚌 IL Shopping Trip or Walking Club 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 10:15 🎵 Performance by Mauka Boyz Band 12:30 🚌 Excursion 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:10 🎮 Movie: A Monster Calls 3:10 🎮 Banana Split Social	National Strawberry Parfait Day 25 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:00 🎮 Movie: The Perfect Pairing 2:10 🎵 Sing-A-Long
National Beautician's Day 26 9:00 ❤️ Qi Gong 9:00 🛒 Shopping in Kaneohe 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 10:30 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📺 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:00 🎮 Movie: Awakenings	National Onion Day 27 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Pet Visits 10:30 ❤️ Balance, Stretching and Toning 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 BINGO	National Alaska Day 28 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🎵 Musical Performance: Roy Hamada 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 POKENO 3:15 🧘 Afternoon Activity: Tlingit Art Project	National Waffle Iron Day 29 8:45 🚌 Walking Club 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:15 🎮 Board and Card Games 10:15 🧘 Tie Dye Fun 1:00 ❤️ Flow Exercise 1:30 🚌 IL Scenic 1:40 ❤️ Flow Exercise Session 2:15 🎮 BINGO	National Bomb Pop Day 30 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Qi Gong 9:40 ❤️ Flow Exercise 10:00 ❤️ Strength Training with Weights 10:15 🎮 Board and Card Games 10:15 🧘 Tie Dye Fun 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise Session 2:15 🎮 POKENO 3:15 🧘 Afternoon Activity: Oldies Hour	<div>Activities are subject to change.</div> 	