


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>National Game Show Day 1</div> <div>9:30 Flow Exercise 9:50 Seated Resistance Training 10:15 Live Stream: New Hope Video Service (Media Room) 1:30 Silver Sneakers Cardio 2:00 Movie: The Game of Their Lives (PT) 2:30 Brain Games: The Price Is Right Edition</div>	<div>National Rocky Road Day 2</div> <div>8:00 Medical Shuttle - Windward 9:30 Seated Resistance Training 10:00 Game Room Activities 11:00 Buddhist Services 1:30 Shopping 1:30 Silver Sneakers Cardio 2:00 Circuit "A" Training 2:45 BINGO</div>	<div>National Repeat Day 3</div> <div>8:00 Medical Shuttle - West Side 9:30 Luk Tung Kuen 9:30 Seated Resistance Training 10:00 Game Room Activities 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:00 Circuit "B" Training 2:45 POKENO</div>	<div>National Hug Your Cat Day 4</div> <div>9:30 Seated Resistance Training 10:00 Game Room Activities 1:30 Silver Sneakers Cardio 2:00 Circuit "A" Training 2:00 Movie: A Brilliant Young Mind (PT) 2:45 BINGO</div>	<div>National Start Over Day 5</div> <div>8:00 Medical Shuttle - Honolulu 9:30 Seated Resistance Training 10:00 Game Room Activities 10:30 Music & Movement 10:30 Prayer Group - Kailua Christian Church 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:00 Circuit "B" Training 2:45 POKENO</div>	<div>National Yo-Yo Day 6</div> <div>9:30 Flow Exercise 9:50 Flow Exercise 10:00 Game Room Activities 10:15 Fun with Beads 1:30 Silver Sneakers Cardio 2:00 BINGO 2:00 Movie: Conclave (PT)</div>	<div>World Caring Day 7</div> <div>9:30 Flow Exercise 9:50 Flow Exercise 10:30 Victory Hawaii Church Bingo 2:00 BINGO 2:00 Balance, Stretching and Toning 4:00 Catholic Mass</div>
<div>National Best Friends Day 8</div> <div>9:30 Flow Exercise 9:50 Seated Resistance Training 10:15 Live Stream: New Hope Video Service (Media Room) 1:30 Silver Sneakers Cardio 2:00 Movie: Hero Dog : The Journey Home (PT) 2:30 Brain Games</div>	<div>National Donald Duck Day 9</div> <div>8:00 Medical Shuttle - Windward 9:30 Seated Resistance Training 10:00 Game Room Activities 10:15 Fun with Rubber Duckies 1:30 Shopping 1:30 Silver Sneakers Cardio 2:00 Circuit "A" Training 2:45 BINGO</div>	<div>National Iced Tea Day 10</div> <div>8:00 Medical Shuttle - West Side 9:30 Luk Tung Kuen 9:30 Seated Resistance Training 10:00 Game Room Activities 10:30 Music Performance CA High School - Upstage 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:00 Circuit "B" Training 2:00 Resident Council 2:45 POKENO</div>	<div>National Making Life Beautiful Day 11</div> <div>9:30 Seated Resistance Training 10:00 Game Room Activities 10:30 Jon Koki Musical Performance 1:30 Silver Sneakers Cardio 2:00 Circuit "A" Training 2:00 Movie: Nickle Boys (PT) 2:45 BINGO</div>	<div>National Loving Day 12</div> <div>8:00 Medical Shuttle - Honolulu 9:30 Seated Resistance Training 10:00 Game Room Activities 10:30 Musical Performance: Legacy 10:30 Prayer Group - Kailua Christian Church 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:00 Circuit "B" Training 2:45 POKENO</div>	<div>National Weed Your Garden Day 13</div> <div>9:30 Flow Exercise 9:50 Flow Exercise 10:00 Game Room Activities 1:30 Silver Sneakers Cardio 2:00 BINGO 2:00 Movie: The Golden Voice (PT)</div>	<div>National Flag Day 14</div> <div>9:30 Flow Exercise 9:50 Flow Exercise 10:30 Blackjack Tournament 2:00 BINGO 4:00 Catholic Mass</div>
<div>Father's Day 15</div> <div>9:30 Flow Exercise 9:50 Seated Resistance Training 10:15 Live Stream: New Hope Video Service (Media Room) 1:30 Silver Sneakers Cardio 2:00 Movie: Another Simple Favor (PT) 2:30 Brain Games</div>	<div>National Fudge Day 16</div> <div>8:00 Medical Shuttle - Windward 9:30 Seated Resistance Training 10:00 Game Room Activities 10:30 Musical Performance: Hui Malama 1:30 Shopping 1:30 Silver Sneakers Cardio 2:00 Circuit "A" Training 2:45 BINGO</div>	<div>National Mascot Day 17</div> <div>8:00 Medical Shuttle - West Side 9:30 Luk Tung Kuen 9:30 Seated Resistance Training 10:00 Game Room Activities 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:00 Circuit "B" Training 2:45 POKENO</div>	<div>National Go Fishing Day 18</div> <div>9:30 Seated Resistance Training 10:00 Game Room Activities 10:30 Musical Performance: Sanford Lee 12:00 Kau Kau Club 1:30 Silver Sneakers Cardio 2:00 Circuit "A" Training 2:00 Movie: Truimph (PT) 2:45 BINGO</div>	<div>Juneteenth 19</div> <div>8:00 Medical Shuttle - Honolulu 9:30 Seated Resistance Training 10:00 Game Room Activities 10:30 Prayer Group - Kailua Christian Church 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:00 Circuit "B" Training 2:45 POKENO</div>	<div>National Seashell Day 20</div> <div>9:30 Flow Exercise 9:50 Flow Exercise 10:00 Game Room Activities 10:00 Musical Performance Hank the Singing Dutchman 1:30 Silver Sneakers Cardio 2:00 Movie: The Game of Their Lives (PT)</div>	<div>National Selfie Day 21</div> <div>9:30 Flow Exercise 9:50 Flow Exercise 10:30 WOW! Women of The Word 2:00 BYU Board Games 4:00 Catholic Mass</div>
<div>International Being You Day 22</div> <div>9:30 Flow Exercise 9:50 Seated Resistance Training 10:15 Live Stream: New Hope Video Service (Media Room) 10:30 Silent Disco: Hawaii Dance Bomb 1:30 Silver Sneakers Cardio 2:00 Movie: Storm Rider (PT) 2:30 Brain Games</div>	<div>National Hydration Day 23</div> <div>8:00 Medical Shuttle - Windward 9:30 Seated Resistance Training 10:00 Game Room Activities 10:00 Mellow Friends Karaoke 1:30 Shopping 1:30 Silver Sneakers Cardio 2:00 Circuit "A" Training 2:45 BINGO</div>	<div>National Patch Day 24</div> <div>8:00 Medical Shuttle - West Side 9:30 Luk Tung Kuen 9:30 Seated Resistance Training 10:00 Game Room Activities 10:30 Musical Performance: Roy Hamada 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:00 Circuit "B" Training 2:45 POKENO</div>	<div>National Catfish Day 25</div> <div>9:30 Seated Resistance Training 10:00 Game Room Activities 1:30 Silver Sneakers Cardio 2:00 Circuit "A" Training 2:00 Movie: Lost on a Mountain in Maine (PT) 2:45 BINGO</div>	<div>National Handshake Day 26</div> <div>8:00 Medical Shuttle - Honolulu 9:30 Seated Resistance Training 10:00 Game Room Activities 10:15 Handshakes and Milkshakes Social 10:30 Prayer Group - Kailua Christian Church 1:30 Silver Sneakers Cardio 1:45 Scenic Ride 2:00 Circuit "B" Training 2:45 POKENO</div>	<div>National Sunglass Day 27</div> <div>9:30 Flow Exercise 9:50 Flow Exercise 10:00 Game Room Activities 1:30 Silver Sneakers Cardio 2:00 BINGO 2:00 Movie: Accidental Family (PT)</div>	<div>National Foodie Day 28</div> <div>9:30 Flow Exercise 9:50 Flow Exercise 10:30 Blackjack Tournament 2:00 BINGO 2:00 Balance, Stretching and Toning 4:00 Catholic Mass</div>
<div>National Camera Day 29</div> <div>9:30 Flow Exercise 9:50 Seated Resistance Training 10:15 Live Stream: New Hope Video Service (Media Room) 1:30 Silver Sneakers Cardio 2:00 Movie: Ford v Ferrari (PT) 2:30 Brain Games: Origami Camera</div>	<div>Social Media Day 30</div> <div>8:00 Medical Shuttle - Windward 9:30 Seated Resistance Training 10:00 Game Room Activities 1:30 Shopping 1:30 Silver Sneakers Cardio 2:00 Circuit "A" Training 2:45 BINGO</div>	<div></div>				<div> Creative Excursions Individual activity Intellectual Meals Movies Music National Day Event Physical Plaza Life Social Special Events Spiritual</div>

Activities are
subject to change