

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 Peanut Butter Lover's Day 1 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO	National Banana Cream Pie Day 2 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎨 Painting with Kelley F. 10:15 🎲 Board and Card Games 1:15 🎲 BINGO 3:00 🎵 Musical Performance: Coffee & Me	Hinamatsuri: Girls Day 3 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Musical Performance Bill Melemai 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 ⭐ Girls Day Celebration 2:00 🎬 Movie: Matilda The Musical (NF)	Marching Music Day 4 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Ukulele Sing-a-long 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: With A Song In My Heart
National Cheese Doodle Day 5 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 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 2:00 🎬 Movie: Dog Gone (NF)	National Oreo Cookie Day 6 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🐾 Pet Visits 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 ❤️ Balance, Stretching and Toning 2:00 🎲 BINGO	National Flapjack Day 7 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎵 Kupuna Mele - Arlene Hicks 10:15 🎲 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎲 POKENO	International Women's Day 8 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO	National Meatball Day 9 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Music and Movement with Joslyn 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎲 POKENO	National Blueberry Popover Day 10 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎨 Bead Art Class 10:15 🎲 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎬 Movie: The Magician's Elephant (NF)	National Johnny Appleseed Day 11 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Ukulele Sing-a-long 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: The Four Feather's 3:00 🎲 Scrabble
Daylight Saving Time Begins National Plant a Flower Day 12 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 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 2:00 🎬 Movie: Lyle, Lyle Crocodile (NF)	National Jewel Day 13 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Musical Performance by Randy Nunes 10:15 🐾 Pet Visits 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 ❤️ Balance, Stretching and Toning 2:00 🎲 BINGO	National Learn About Butterflies Day 14 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Jon Koki Musical Performance 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🏛️ Resident Council 2:30 🎲 POKENO	National Kansas Day 15 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 ❤️ Strength Training with Weights 12:00 🍻 Kau Kau Club 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO	National Panda Day 16 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 🎵 Legacy Music 10:15 🎲 Board and Card Games 10:15 🎵 Silent Disco: Hawaii Dance Bomb 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎲 POKENO	National St. Patrick's Day St. Patrick's Day 17 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 ⭐ Build a Shamrock 10:15 🎲 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎬 Movie: Love At First Kiss (NF)	National Corn Dog Day 18 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Ukulele Sing-a-long 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: Music for Millions
National Let's Laugh Day 19 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 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 2:00 🎬 Movie: Little Boy (NF)	Spring Begins 20 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🐾 Pet Visits 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 ❤️ Balance, Stretching and Toning 2:00 🎲 BINGO	National Fragrance Day 21 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎲 POKENO	National Goof Off Day 22 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🗣️ STAFF MEETING - NO BINGO 5:45 🎵 Flute Performance : Sonya Richman	National Puppy Day 23 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Musical Performance: Cousin Fred G. 11:15 🎵 Musical Performance: Cousin Fred G 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎲 POKENO	National Cocktail Day 24 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎨 Bead Art Class 10:15 🎲 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎬 Movie: Greyfriars Bobby (Prime)	National Medal of Honor Day 25 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Ukulele Sing-a-long 1:00 ❤️ Flow Exercise 1:30 🎵 BYU Activities 1:40 ❤️ Flow Exercise 2:00 🎬 Movie: One Night With The King 3:00 🎲 Scrabble
National Spinach Day 26 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 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 2:00 🎬 Movie: It Snows All The Time (Prime)	National Joe Day 27 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🐾 Pet Visits 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 ❤️ Balance, Stretching and Toning 2:00 🎲 BINGO	National Something on a Stick Day 28 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Musical Performance: Roy Hamada 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎲 POKENO	National Nevada Day 29 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO	National Virtual Vacation Day 30 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 10:15 🎵 Performance by Hank Singing Dutchman 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:30 🎲 POKENO	National Crayon Day 31 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎲 Board and Card Games 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎲 BINGO 2:00 🎬 Movie: Noble(Prime)	<p style="text-align: center;">Activities are subject to change.</p>