

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March cont'd 30</p> <p>National Virtual Vacation Day</p> <ul style="list-style-type: none"> 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: Blink (Dis) 2:30 🎮 Brain Games 	<p>National Crayon Day 31</p> <ul style="list-style-type: none"> 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 style="text-align: center;">  <p>HAPPY St. Patrick's DAY</p> </div>	<p style="text-align: center; font-size: 1.5em; color: teal;">Activities are subject to change.</p>			<p>National Pig Day 1</p> <ul style="list-style-type: none"> 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
<p>National Banana Cream Pie Day 2</p> <ul style="list-style-type: none"> 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 Sea of Trees (PT) 3:00 🎵 Musical Performance: Dean Harada 	<p>Girl's Day 3</p> <ul style="list-style-type: none"> 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 	<p>Mardi Gras 4</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - West Side 9:30 ❤️ Luk Tung Kuen 9:30 ❤️ Seated Resistance Training 10:00 🎮 Game Room Activities 10:30 🎮 Silent Disco: Hawaii Dance Bomb 1:30 ❤️ Silver Sneakers Cardio 1:45 🛒 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎮 POKENO 	<p>Ash Wednesday 5</p> <ul style="list-style-type: none"> 9:30 ❤️ Seated Resistance Training 10:00 🎮 Game Room Activities 10:30 🎮 Exercises For The Brain 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 📺 Movie: Driveways (PT) 2:45 🎮 BINGO 	<p>National Oreo Cookie Day 6</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Honolulu 9:30 📺 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance Training 10:00 🎮 Game Room Activities 10:15 🎮 POKENO 10:30 🎵 Music & Movement 1:30 ❤️ Silver Sneakers Cardio 1:45 🛒 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:30 🎵 Musical Performance : Coffee & Me 	<p>National Employee Appreciation Day 7</p> <ul style="list-style-type: none"> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🎮 Game Room Activities 10:30 🎨 Anything But a Paintbrush Painting 1:30 ❤️ Silver Sneakers Cardio 2:00 🎮 BINGO 2:00 📺 Movie: Triumph (PT) 	<p>International Women's Day 8</p> <ul style="list-style-type: none"> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎮 Blackjack Tournament 2:00 🎮 BINGO 4:00 📺 Catholic Mass
<p>Daylight Saving Time Begins</p> <p>National Barbie Day 9</p> <ul style="list-style-type: none"> 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: happy People: A Year in Taiga (PT) 2:30 🎮 Brain Games 	<p>Harriet Tubman Day 10</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance Training 10:00 🎮 Game Room Activities 10:30 🎮 Exercises For The Brain 1:30 🛒 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎮 BINGO 	<p>National Dream Day 11</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - West Side 9:30 ❤️ Luk Tung Kuen 9:30 ❤️ Seated Resistance Training 10:00 🎮 Game Room Activities 10:15 🎵 Jon Koki Musical Performance 1:30 ❤️ Silver Sneakers Cardio 1:45 🛒 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:00 🗳 Resident Council 2:45 🎮 POKENO 	<p>International Fanny Pack Day 12</p> <ul style="list-style-type: none"> 9:00 📺 Windward Nazarene Academy Student Visit 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 📺 Movie: Apollo 13 (NF) 2:45 🎮 BINGO 	<p>National Good Samaritan Day 13</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Honolulu 9:30 📺 Prayer Group - Kailua Christian Church 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 	<p>National Preschooler's Day 14</p> <ul style="list-style-type: none"> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎮 Carnival Games 1:30 ❤️ Silver Sneakers Cardio 2:00 🎮 BINGO 2:00 📺 Movie: Stand By Me (NF) 	<p>National Quilting Day 15</p> <ul style="list-style-type: none"> 9:30 🎮 BYUH Friends Visit & Activities 2:00 ❤️ Balance, Stretching and Toning 4:00 📺 Catholic Mass 6:30 🎮 BINGO
<p>National Rollercoaster Day 16</p> <ul style="list-style-type: none"> 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 Secret Life of Pets 2:30 🎮 Build a Roller-Coaster 	<p>St. Patrick's Day 17</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance Training 10:00 🎮 Fun with Tie Dye 10:00 🎮 Game Room Activities 1:30 🛒 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎮 BINGO 	<p>National Awkward Moment's Day 18</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - West Side 9:30 ❤️ Luk Tung Kuen 9:30 ❤️ Seated Resistance Training 10:00 🎮 Game Room Activities 10:30 🎮 Exercises For The Brain 1:30 ❤️ Silver Sneakers Cardio 1:45 🛒 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎮 POKENO 	<p>National Certified Nurses Day 19</p> <ul style="list-style-type: none"> 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: Vicky And Her Mystery (NF) 2:45 🎮 BINGO 	<p>Won't You Be My Neighbor Day 20</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Honolulu 9:30 📺 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance Training 10:00 🎮 Game Room Activities 10:30 🎵 Musical Performance: Hui Malama 1:30 ❤️ Silver Sneakers Cardio 1:45 🛒 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎮 POKENO 	<p>National Fragrance Day 21</p> <ul style="list-style-type: none"> 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 🎮 BINGO 2:00 📺 Movie: The Hill (NF) 	<p>National Good Off Day 22</p> <ul style="list-style-type: none"> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎮 Blackjack Tournament 2:00 🎮 BINGO 4:00 📺 Catholic Mass
<p>Cuddly Kitten Day 23</p> <ul style="list-style-type: none"> 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: Unbroken (NF) 2:30 🎮 Brain Games 	<p>International Day For Achiever's 24</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance Training 10:00 🎮 Game Room Activities 10:30 🎵 Mellow Friends Karaoke 1:30 🛒 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎮 BINGO 	<p>March Full Moon 25</p> <ul style="list-style-type: none"> 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 	<p>Prince Kuhio Birthday 26</p> <ul style="list-style-type: none"> 9:30 ❤️ Seated Resistance Training 10:00 🎮 Game Room Activities 10:30 🎮 Exercises For The Brain 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 📺 Movie: Out Of My Mind (Dis) 2:45 🎮 BINGO 	<p>National Scribble Day 27</p> <ul style="list-style-type: none"> 8:00 🚗 Medical Shuttle - Honolulu 9:30 📺 Prayer Group - Kailua Christian Church 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 6:30 🗳 Alzheimer Caregiver Support Group 	<p>National Something on A Stick Day 28</p> <ul style="list-style-type: none"> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🎮 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 2:00 🎮 BINGO 2:00 📺 Movie: Sister Act 2 (Dis) 	<p>World Piano Day 29</p> <ul style="list-style-type: none"> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎵 Musical Performance: Dean Harada 2:00 🎮 BINGO 4:00 📺 Catholic Mass