

# March 2026 Independent/Assisted



## Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<b>National Barista Day</b> 9:30 ↔ Flow Exercise 9:55 🌿 Seated Resistance Band Exercise 10:15 🧶 Crochet with Kailie 10:15 📺 New Hope Live Stream 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>Movie: Sliding Doors (NF)</i>	<b>National Read Across America Day</b> 8:00 🚗 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 📺 <i>Tech Support with Activity Aids</i> 10:30 🧘 Meditation / Relaxation 11:00 📺 <i>Buddhist Services</i> 1:15 🎵 <i>Ukulele and Culture with Addie</i> 1:30 🚗 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 BINGO	<b>National Anthem Day</b> 8:00 🚗 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 10:30 🎵 <i>Silent Disco: Hawaii Dance Bomb</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 POKENO	<b>National Grammar Day</b> 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 10:30 🎵 <i>Music Sing-A-Long with Peter the Violinist</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:00 🎬 <i>Movie: Flipped (NF)</i> 2:15 🎮 BINGO 3:00 🎉 <i>BirthDay Celebration</i>	<b>National Architecture Day</b> 8:00 🚗 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 10:30 🎵 <i>Music Performance: Coffee and Me</i> 1:30 ↔ Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 POKENO	<b>National Employee Appreciation Day</b> 9:00 📺 <i>He'eia School Read-A-Loud</i> 9:30 ↔ Flow Exercise 9:55 ↔ Dancing with Del Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:00 🎮 BINGO 2:00 🎬 <i>Movie: Fall (NF)</i>	<b>National Sock Monkey Day</b> 9:30 ↔ Flow Exercise 9:55 ↔ Dancing with Del Exercise 10:30 🎮 <i>Victory Hawaii Church Bingo</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 4:00 📺 Catholic Mass
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<b>Daylight Saving Time Begins</b> <b>National Women's Day</b> 8 9:30 ↔ Flow Exercise 9:55 🌿 Seated Resistance Band Exercise 10:15 🧶 Crochet with Kailie 10:15 📺 New Hope Live Stream 1:30 🎬 <i>Movie: Frankenstein (NF)</i> 1:30 ↔ Silver Sneakers Cardio	<b>National Crab Day</b> 9 8:00 🚗 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🎵 <i>Ukulele and Culture with Addie</i> 10:30 🧘 Meditation / Relaxation 1:30 🎵 <i>Music and Movement</i> 1:30 🚗 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 BINGO	<b>National Harriet Tubman Day</b> 10 8:00 🚗 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 10:30 🎵 <i>Music Performance: Jon Koki</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:00 📺 <i>Resident Council</i> 2:45 🎮 POKENO	<b>National Dream Day</b> 11 9:30 🌿 <i>Windward Nazarene Keiki Visit</i> 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:00 🎬 <i>Movie: Crazy, Stupid, Love (NF)</i> 2:15 🎮 BINGO	<b>National Plant A Flower Day</b> 12 8:00 🚗 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🐕 <i>Dog Visit Loren Lasher</i> 10:15 📺 <i>Tech Support with Activity Aids</i> 10:30 🧘 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 POKENO 6:30 🎨 <i>Painted Florals Crafting Night</i>	<b>National Jewelry Day</b> 13 9:30 ↔ Flow Exercise 9:55 ↔ Dancing with Del Exercise 10:00 🎮 Game Room Fun 10:30 🧶 Fun With Beads 10:30 🧘 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:00 🎮 BINGO 2:00 🎬 <i>Movie: A House of Dynamite (NF)</i>	<b>National Pi Day</b> 14 9:30 ↔ Flow Exercise 9:55 ↔ Dancing with Del Exercise 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 4:00 📺 Catholic Mass
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<b>National Shoe Day</b> 15 9:30 ↔ Flow Exercise 9:55 🌿 Seated Resistance Band Exercise 10:15 🧶 Crochet with Kailie 10:15 📺 New Hope Live Stream 1:30 🎬 <i>Movie: The Forge (NF)</i> 1:30 ↔ Silver Sneakers Cardio	<b>National Panda Day</b> 16 8:00 🚗 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 10:30 🧶 <i>St. Patricks Day Themed Craft</i> 12:00 🎮 <i>KauKau Club</i> 1:15 🎵 <i>Ukulele and Culture with Addie</i> 1:30 🚗 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 BINGO	<b>National Tea For Two Day</b> <b>St. Patrick's Day</b> 17 8:00 🚗 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 POKENO	<b>National Recycling Day</b> 18 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 10:30 🎵 <i>Music Performance: Sanford Lee</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:00 🎬 <i>Movie: The Room Next Door (NF)</i> 2:15 🎮 BINGO	<b>National Backyard Day</b> 19 8:00 🚗 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 📺 <i>Tech Support with Activity Aids</i> 10:30 🧘 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 POKENO	<b>National Storytelling Day</b> 20 9:30 ↔ Flow Exercise 9:55 ↔ Dancing with Del Exercise 10:00 🎮 Game Room Fun 10:15 🎮 BINGO 10:30 🧘 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:00 🎬 <i>Movie: The American President (NF)</i>	<b>National Poetry Day</b> 21 9:30 ↔ Flow Exercise 9:55 ↔ Dancing with Del Exercise 10:15 🎵 <i>Taiko Drum Performance</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 4:00 📺 Catholic Mass
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<b>National Daffodil Day</b> 22 9:30 ↔ Flow Exercise 9:55 🌿 Seated Resistance Band Exercise 10:15 🧶 Crochet with Kailie 10:15 📺 New Hope Live Stream 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>Movie: Holiday In The Wild (NF)</i>	<b>National Puppy Day</b> 23 8:00 🚗 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 10:30 🎵 <i>Music Performance: Mellow Friends</i> 1:15 🎵 <i>Ukulele with Addie</i> 1:30 🚗 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 BINGO	<b>National Cocktail Day</b> 24 8:00 🚗 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 10:30 🎵 <i>Music Performance: Roy Hamada</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 POKENO	<b>National Waffle Day</b> 25 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 📺 <i>Hawaiian Culture with Addie</i> 10:30 🧘 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:00 🎬 <i>Movie: Moonrise Kingdom (NF)</i> 2:15 🎮 BINGO	<b>National Prince Kuhio Day</b> 26 8:00 🚗 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🎵 <i>Music Performance: Aaron Cui</i> 10:15 📺 <i>Tech Support with Activity Aids</i> 10:30 🧘 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 1:45 🚗 Scenic Ride 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 POKENO 5:30 ❤️ <i>Alzheimer's Support Group</i>	<b>National Scribble Day</b> 27 9:30 ↔ Flow Exercise 9:55 ↔ Dancing with Del Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 1:30 🎬 <i>Movie: The Hurt Locker (NF)</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:00 🎮 BINGO	<b>National Something On A Stick Day</b> 28 9:30 ↔ Flow Exercise 9:55 ↔ Dancing with Del Exercise 10:30 🎮 <i>Victory Hawaii Church Bingo</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 4:00 📺 Catholic Mass
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<b>Palm Sunday</b> 29 9:30 ↔ Flow Exercise 9:55 🌿 Seated Resistance Band Exercise 10:15 🧶 Crochet with Kailie 10:15 📺 New Hope Live Stream 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>Movie: A Week Away (NF)</i>	<b>National Pencil Day</b> 30 8:00 🚗 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 📺 <i>Tech Support with Activity Aids</i> 10:30 🧘 Meditation / Relaxation 1:15 🎵 <i>Ukulele with Addie</i> 1:30 🚗 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 BINGO	<b>National Crayon Day</b> 31 8:00 🚗 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🧘 Meditation / Relaxation 10:30 🎨 <i>Melted Crayon Art Craft</i> 1:30 ↔ Silver Sneakers Cardio 2:00 🎬 <i>3rd Floor Movie Special</i> 2:15 🎮 POKENO	 <p><b>ACTIVITIES ARE SUBJECT TO CHANGE</b></p>			<p><b>"A good friend is like a four-leaf clover; hard to find and lucky to have"</b></p> <p><b>Irish Proverb</b></p>	
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- 🧶 Arts / Crafts
- 🎉 Celebrations
- 📺 Educational Classes
- ↔ Exercise / Physical Activity
- ❤️ Family Event / Support Group
- 📍 Field Trip / Medical Appointments
- 🎮 Games
- 👥 Intergenerational Program
- 🧘 Meditation / Mindfulness
- 🎬 Movies / Documentaries
- 🎵 Music / Special Entertainment
- 👤 One-on-One
- 🐾 Pet Visitation / Pet Therapy
- 🌿 Plaza Life Fitness
- 📺 Religious / Spiritual Programs
- 👥 Socials / Social Gathering
- 🌟 Volunteerism / Community Service