


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <ul style="list-style-type: none"> Creative Excursions Intellectual Meals Movies Music Physical Social Special Events Spiritual 			Hawaiian Lei Day 1 9:00 Flow Exercise 9:40 Qi Gong 10:30 Strength Training with Weights 1:00 Flow Exercise 1:30 Excursion 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Collage Art w/Tamara 2:00 Wednesday Matinee : Tyson's Run (NF) 2:15 BINGO	Baby Day 2 8:00 Medical Shuttle - Honolulu 9:00 Covid Shot Clinic 9:30 Prayer Group - Kailua Christian Church 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:15 POKENO 2:30 Musical Performance: Coffee & Me	May Day Celebration 3 9:00 Flow Exercise 9:40 Qi Gong 10:00 May Day Program - Hui Malama 1:00 Flow Exercise 1:30 Scenic Ride 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: Love Divided (NF) 2:15 BINGO	Bird Day 4 9:00 Flow Exercise 9:40 Qi Gong 10:00 Victory Hawaii Church Bingo 10:30 Strength Training with Weights 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: Enola Holmes 2 4:30 Catholic Mass
Cinco de Mayo Day 5 9:00 Flow Exercise 9:30 Shopping in Kaneohe 9:40 Qi Gong 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: Happiness for Beginners (NF)	No Diet Day 6 8:00 Medical Shuttle - Windward 9:00 Flow Exercise 10:00 Balance, Stretching and Toning 11:00 Buddhist Services 1:00 Flow Exercise 1:30 Shopping Trip 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Collage Art w/Tamara 2:15 BINGO	National Teacher's Day 7 8:00 Medical Shuttle - West Side 9:00 Flow Exercise 9:30 Luk Tung Kuen 10:00 All Floors Craft 10:30 Strength Training with Weights 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:30 POKENO	World Red Cross Day 8 9:00 Flow Exercise 9:40 Qi Gong 10:00 Musical Performance Accordion with Tim Juett 10:30 Strength Training with Weights 1:00 Flow Exercise 1:30 Excursion 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Collage Art w/Tamara 2:00 Wednesday Matinee : Moscow on The Hudson (NF) 2:15 BINGO	Lost Sock Memorial Day 9 8:00 Medical Shuttle - Honolulu 9:00 Flow Exercise 9:30 Prayer Group - Kailua Christian Church 9:40 Qi Gong 10:15 Music and Movement with Joslyn 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:15 POKENO	Clean up Your Room Day 10 9:00 Flow Exercise 9:40 Qi Gong 1:00 Flow Exercise 1:30 Scenic Ride 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: No Pressure (NF) 2:15 BINGO	National Windmill Day 11 9:00 Flow Exercise 9:40 Qi Gong 10:15 Silent Disco: Hawaii Dance Bomb 10:30 Strength Training with Weights 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: A Beautiful Life (NF)
Mother's Day 12 9:00 Flow Exercise 9:30 Shopping in Kaneohe 9:40 Qi Gong 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: Shirley (NF)	National Apple Pie Day 13 8:00 Medical Shuttle - Windward 9:00 Flow Exercise 10:00 Balance, Stretching and Toning 10:15 Pet Visits 1:00 Flow Exercise 1:30 Shopping Trip 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Collage Art w/Tamara 2:15 BINGO	Dance Like A Chicken Day 14 8:00 Medical Shuttle - West Side 9:00 Flow Exercise 9:30 Luk Tung Kuen 10:30 Jon Koki Musical Performance 10:30 Strength Training with Weights 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Resident Council 2:15 POKENO	National Chocolate Chip Day 15 9:00 Flow Exercise 9:40 Qi Gong 10:00 Musical Performance - Stanford Lee 10:30 Strength Training with Weights 12:00 Kau Kau Club 1:00 Flow Exercise 1:30 Excursion 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Collage Art w/Tamara 2:00 Wednesday Matinee : Places in The Sun (NF) 2:15 BINGO	Wear Purple for Peace Day 16 8:00 Medical Shuttle - Honolulu 9:00 Flow Exercise 9:30 Prayer Group - Kailua Christian Church 9:40 Qi Gong 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:15 POKENO	Pack Rat Day 17 9:00 Flow Exercise 9:40 Qi Gong 10:00 Musical Performance: Hank The Singing Dutchman 1:00 Flow Exercise 1:30 Scenic Ride 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: Dog Gone (NF) 2:15 BINGO	Armed Forces Day 18 9:00 Flow Exercise 9:40 Qi Gong 10:00 Victory Hawaii Church Bingo 10:30 Strength Training with Weights 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: The Miracle Club (NF)
World Plant a Vegetable Garden Day 19 9:00 Flow Exercise 9:30 Shopping in Kaneohe 9:40 Qi Gong 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: The Secret Billionaire (PT) 2:30 Musical Performance: Pablo Fukuhara Saxophone	Be a Millionaire Day 20 8:00 Medical Shuttle - Windward 9:00 Flow Exercise 10:00 Balance, Stretching and Toning 1:00 Flow Exercise 1:30 Shopping Trip 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Collage Art w/Tamara 2:15 BINGO	National Waiters and Waitresses Day 21 8:00 Medical Shuttle - West Side 9:00 Flow Exercise 9:30 Luk Tung Kuen 10:30 Strength Training with Weights 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:15 POKENO	National Maritime Day 22 9:00 Flow Exercise 9:40 Qi Gong 10:00 BINGO 10:00 Musical Performance with Kauai 1:00 Flow Exercise 1:30 Excursion 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Collage Art w/Tamara 2:00 Wednesday Matinee : The Silver Brunby (PT)	World Turtle Day 23 8:00 Medical Shuttle - Honolulu 9:00 Flow Exercise 9:30 Prayer Group - Kailua Christian Church 9:40 Qi Gong 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:15 POKENO 6:30 Alzheimer Caregiver Support Group	International Tiara Day 24 9:00 Flow Exercise 9:40 Qi Gong 10:00 All Floors Craft - Build a House 1:00 Flow Exercise 1:30 Scenic Ride 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: A Sunday Horse (PT) 2:15 BINGO	National Brown Bag it Day 25 9:00 Flow Exercise 9:40 Qi Gong 10:30 Strength Training with Weights 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: The Notebook 6:30 Family Bingo Night
National Paper Airplane Day 26 9:00 Flow Exercise 9:30 Shopping in Kaneohe 9:40 Qi Gong 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: Still Mine (PT)	Memorial Day 27 8:00 Medical Shuttle - Windward 9:00 Flow Exercise 10:15 Pet Visits 1:00 Flow Exercise 1:30 Balance, Stretching and Toning 1:30 Shopping Trip 2:00 Collage Art w/Tamara 2:15 BINGO	National Hamburger Day 28 8:00 Medical Shuttle - West Side 9:00 Flow Exercise 9:30 Luk Tung Kuen 10:15 Musical Performance: Roy Hamada 10:30 Strength Training with Weights 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:15 POKENO	World Otter Day 29 9:00 Flow Exercise 9:40 Qi Gong 10:15 Bead Art Class 10:30 Strength Training with Weights 1:00 Flow Exercise 1:30 Excursion 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Collage Art w/Tamara 2:00 Wednesday Matinee : Upgraded (PT) 2:15 BINGO	Water a Flower Day 30 8:00 Medical Shuttle - Honolulu 9:00 Flow Exercise 9:30 Prayer Group - Kailua Christian Church 9:40 Qi Gong 1:00 Flow Exercise 1:40 Silver Sneakers Workout (improve your cardio) 2:15 POKENO	Flip Flop Day 31 9:00 Flow Exercise 9:40 Qi Gong 10:15 Musical Performance: Dean Hirata 1:00 Flow Exercise 1:30 Scenic Ride 1:40 Silver Sneakers Workout (improve your cardio) 2:00 Movie: The Taking Of Tiger Mountain (PT) 2:15 BINGO	