

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Craft Activities may be limited, dependent on supply availability.</p>	<p>Each shuttle ride can have up to 14 residents. Excursions may be limited to less than 10.</p>	<p>Activities are subject to change.</p>		<p>National College Colors Day 1</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:30 ☆ College Penant Design 1:00 Flow Exercise 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Happiness for Beginners (NF) 2:15 🎲 BINGO</p>	<p>National Tailgating Day 2</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:00 🏃 Flow Exercise 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: River Wild (NF) 4:30 📖 Catholic Mass</p>
<p>National Cinema Day 3</p> <p>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 ♥ Ukulele With Adeline 1:30 🚗 Scenic Ride 1:40 ♥ Flow Exercise 2:00 🎬 Movie: The Deepest Breath (NF)</p>	<p>Labor Day 4</p> <p>8:00 🚗 Medical Shuttle - Windward 9:00 ♥ Flow Exercise 10:00 ♥ Balance, Stretching and Toning 10:15 🎵 Musical Performance by Randy Nunes 10:15 🐾 Pet Visits 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:15 🎲 BINGO</p>	<p>National Cheese Pizza Day 5</p> <p>8:00 🚗 Medical Shuttle - West Side 9:00 ♥ Flow Exercise 9:30 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO</p>	<p>National Coffee Ice Cream Day 6</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:40 🏃 Seated Hula with Keely 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Wednesday Matinee : Purple Hearts (NF)</p>	<p>National Salami Day 7</p> <p>8:00 🚗 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ☆ DIY Charcuterie Board 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO 2:30 🎵 Musical Performance: Coffee & Me</p>	<p>Star Trek Day 8</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 🧶 Bead Art 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: True Spirit 2:15 🎲 BINGO</p>	<p>National Teddy Bear Day 9</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:00 🏃 Seated Hula 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: My Best Friend Anne Frank (NF)</p>
<p>National Grandparent's Day 10</p> <p>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 ♥ Ukulele With Adeline 1:30 🚗 Scenic Ride 1:40 ♥ Flow Exercise 2:00 🎬 Movie: Jesus Revolution (NF)</p>	<p>Sports Day 11</p> <p>8:00 🚗 Medical Shuttle - Windward 9:00 ♥ Flow Exercise 10:00 ♥ Balance, Stretching and Toning 10:15 🐾 Pet Visits 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:15 🎲 BINGO</p>	<p>Beach Day 12</p> <p>8:00 🚗 Medical Shuttle - West Side 9:00 ♥ Flow Exercise 9:30 ♥ Luk Tung Kuen 10:30 🎵 Jon Koki Musical Performance 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 🗳 Resident Council 2:15 🎲 POKENO</p>	<p>Decades Day 13</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:00 ☆ Decades Day Dress Up Photo Booth 10:15 ♥ Strength Training with Weights 1:40 🏃 Seated Hula with Keely 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Wednesday Matinee : Dog Gone (NF) 2:15 🎲 BINGO</p>	<p>Superhero Day 14</p> <p>8:00 🚗 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 🎵 Music and Movement with Joslyn 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO</p>	<p>Plaza Pride Day 15</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 🧶 Beach Craft 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: The Wife (NF) 6:30 🎲 BINGO</p>	<p>Music Dress Up Day 16</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:00 🏃 Seated Hula 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Montford The Chicksaw Rancher (NF)</p>
<p>National Apple Dumpling Day 17</p> <p>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 ♥ Ukulele With Adeline 1:30 🚗 Scenic Ride 1:40 ♥ Flow Exercise 2:00 🎬 Movie: The Kid (Disney)</p>	<p>National Cheeseburger Day 18</p> <p>8:00 🚗 Medical Shuttle - Windward 9:00 ♥ Flow Exercise 10:00 ♥ Balance, Stretching and Toning 10:15 🐾 Pet Visits 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:15 🎲 BINGO</p>	<p>National Talk Like a Pirate Day 19</p> <p>8:00 🚗 Medical Shuttle - West Side 9:00 ♥ Flow Exercise 9:30 ♥ Luk Tung Kuen 10:15 ♥ Strength Training with Weights 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO</p>	<p>National Fried Rice Day 20</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 🎵 Silent Disco: Hawaii Dance Bomb 10:15 🎵 Strength Training with Weights 12:00 🗳 Kau Kau Club - Zippy's 1:40 🏃 Seated Hula with Keely 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Wednesday Matinee : Snow White & The Huntsman (NF) 2:15 🎲 BINGO</p>	<p>National New York Day 21</p> <p>8:00 🚗 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:00 🎵 Aloha Mele Sing-along Ukulele 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO</p>	<p>National Centenarian's Day 22</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:30 🎵 Musical Performance: Dean Hirata 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Ride Along (NF) 2:15 🎲 BINGO</p>	<p>National Family Health and Fitness Day 23</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:00 🏃 Seated Hula 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Nanny McPhee (NF)</p>
<p>National Innergize Day 24</p> <p>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 ♥ Ukulele With Adeline 1:30 🚗 Scenic Ride 1:40 ♥ Flow Exercise 2:00 🎬 Movie: Captain Phillips (NF)</p>	<p>National Comic Book Day 25</p> <p>8:00 🚗 Medical Shuttle - Windward 9:00 ♥ Flow Exercise 10:00 ♥ Balance, Stretching and Toning 10:15 🐾 Pet Visits 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:15 🎲 BINGO</p>	<p>National Pancake Day 26</p> <p>8:00 🚗 Medical Shuttle - West Side 9:00 ♥ Flow Exercise 9:30 ♥ Luk Tung Kuen 10:30 🎵 Musical Performance: Roy Hamada 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO</p>	<p>National Corned Beef Hash Day 27</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:40 🏃 Seated Hula with Keely 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Wednesday Matinee : The Incredible Hulk (Disney) 2:15 🎲 BINGO</p>	<p>National Good Neighbor Day 28</p> <p>8:00 🚗 Medical Shuttle - Honolulu 9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:15 🎲 POKENO</p>	<p>National Coffee Day 29</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:00 🎵 Musical Performance Hank the Dutchman 1:40 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: The Fast & Furious (NF) 6:30 🎲 BINGO</p>	<p>Orange Shirt Day 30</p> <p>9:00 ♥ Flow Exercise 9:40 ♥ Qi Gong 10:15 ♥ Strength Training with Weights 1:00 🏃 Seated Hula 1:40 ♥ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: The Chosen (NF) 3 episodes</p>