


September 2024

Independent/ Assisted

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Forgiveness Day 1 9:00 ❤️ Flow Exercise 9:30 🚗 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:00 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📺 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:35 ❤️ Silver Sneakers 2:00 🎬 Movie: A Beautiful Life (NF)	Labor Day 2 8:00 🚗 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:15 🐾 Pet Visits 11:00 📺 Christian Meditation 1:00 ❤️ Flow Exercise 1:30 🚗 Shopping Trip 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Cinema Day 3 8:00 🚗 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	National Macadamia Nut Day 4 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 ⭐ Let's Make Trail Mix 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Cheese Pizza Day 5 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 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	National Read A Book Day 6 9:00 🎵 Windward Nazarene Activity 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Beer Lover's Day 7 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎮 Victory Hawaii Church Bingo 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 ❤️ Balance, Stretching and Toning 2:00 🎬 Movie: Greater (NF) 4:30 📺 Catholic Mass
National Grandparent's Day 8 9:00 ❤️ Flow Exercise 9:30 🚗 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:00 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📺 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:35 ❤️ Silver Sneakers 2:15 🎵 Piano Recitals	Dress Up: Jean's Day 9 National Teddy Bear Day 8:00 🚗 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:15 🐾 Pet Visits 11:00 📺 Christian Meditation 1:00 ❤️ Flow Exercise 1:30 🚗 Shopping Trip 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	Dress Up : Pajama's Day 10 National TV Dinner Day 8:00 🚗 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 10:30 🎵 Jon Koki Musical Performance 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🗳️ Resident Council 2:05 🎮 POKENO	Dress Up: Wacky & Tacky 11 National Patriot Day & National Day of Service and Remembrance 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	Dress Up: Throwback Thursday 12 National Hug & High 5 Day 8:00 🚗 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📺 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	Dress Up: Aloha Friday 13 Positive Thinking Day 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🧶 Fabric Flowers Craft 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Live Creative Day 14 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: Find Me Falling (NF)
National Double Cheeseburger Day 15 9:00 ❤️ Flow Exercise 9:30 🚗 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:00 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📺 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:35 ❤️ Silver Sneakers 2:00 🎬 Movie: Blue Miracle (NF)	National Play-Doh Day 16 8:00 🚗 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:15 🐾 Pet Visits 11:00 📺 Christian Meditation 1:00 ❤️ Flow Exercise 1:30 🚗 Shopping Trip 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Professional House Cleaners Day 17 8:00 🚗 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 10:15 ⭐ Find Your Zen w/ Essential Oils Craft 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	Airforce Birthday 18 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎵 Musical Performance: Sanford Lee 10:30 ❤️ Strength Training with Weights 12:00 🍷 Kau Kau Club 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	Talk Like A Pirate Day 19 8:00 🚗 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📺 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 10:15 🎭 Silent Disco: Hawaii Dance Bomb 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	National Pepperoni Day 20 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎵 Musical Performance: Hank The Singing Dutchman 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Cleanup Day 21 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎮 Victory Hawaii Church Bingo 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 ❤️ Balance, Stretching and Toning 2:00 🎬 Movie: Queen Bees (NF)
National States & Capitals Day 22 9:00 ❤️ Flow Exercise 9:30 🚗 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:00 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📺 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:35 ❤️ Silver Sneakers 2:00 🎬 Movie: Family Switch (NF)	National Great American Pot Pie Day 23 8:00 🚗 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 🎵 Mellow Friends Karaoke 10:15 🐾 Pet Visits 11:00 📺 Christian Meditation 1:00 ❤️ Flow Exercise 1:30 🚗 Shopping Trip 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Punctuation Day 24 8:00 🚗 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 10:15 🎵 Musical Performance: Roy Hamada 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	National Daughter's Day 25 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Pancake Day 26 8:00 🚗 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📺 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO 6:30 🗳️ Alzheimer Caregiver Support Group	National Crush A Can Day 27 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎵 Musical Performance: Dean Hirata 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Good Neighbor Day 28 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🍳 Cooking Corner : Let's Make Butter 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎬 Movie: First Man (NF)
National VFW Day 29 9:00 ❤️ Flow Exercise 9:30 🚗 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:00 📺 Live Stream: New Hope Video Service (Media Room) 11:00 📺 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:30 🚗 Scenic Ride 1:35 ❤️ Silver Sneakers 2:15 🎵 Piano Recitals	National Love People Day 30 8:00 🚗 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:15 🐾 Pet Visits 11:00 📺 Christian Meditation 1:00 ❤️ Flow Exercise 1:30 🚗 Shopping Trip 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	 <ul style="list-style-type: none"> 🎨 Creative 🚗 Excursions 🧠 Intellectual 🍴 Meals 🎬 Movies 🎵 Music ⭐ National Day Event ❤️ Physical 🎮 Social 🗳️ Special Events 📺 Spiritual 				