

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
ACTIVITIES ARE SUBJECT TO CHANGE	<b>Labor Day</b> 8:00 🚌 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:00 🛒 Shopping - Kaneohe 10:30 🌿 Meditation / Relaxation 10:30 🎵 <b>Ukulele with Addie</b> 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:00 🚌 Scenic Ride 2:45 🎮 BINGO	<b>1</b>	<b>National V-J Day</b> 8:00 🚌 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 ↔ Luk Tung Kuen 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🎵 <b>Silent Disco: Hawaii Dance Bomb</b> 1:30 🚌 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "B" Training 2:45 🎮 POKENO	<b>2</b>	<b>National Skyscraper Day</b> 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🎮 Blackjack and Poker Fun 10:30 🎨 Food Art 10:30 🌿 Meditation / Relaxation 1:30 🛒 Shopping - Town 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:00 🎮 Movie: The Aeronauts 2:45 🎮 BINGO	<b>3</b>	<b>National Wildlife 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 🎵 <b>Music &amp; Movement</b> 10:30 🏛 Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "B" Training 2:45 🎮 POKENO 3:00 🎉 September Birthday Bash	<b>4</b>	<b>National Foodbank Day</b> 9:30 ↔ Flow Exercise 9:30 🌿 Food Bank Donation Drive 9:55 ↔ Flow Exercise 10:00 🎮 Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🎵 <b>Musical Performance: Coffee &amp; Me</b> 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 2:00 🎮 Movie: To Olivia	<b>5</b>	<b>National Read a Book Day</b> 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:30 🎮 Victory Hawaii Church Bingo 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 2:00 ↔ Balance, Stretching and Toning 4:00 🏛 Catholic Mass	<b>6</b>	
	<b>Assisted Living Week DRESS UP WESTERN 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 🎮 Movie: Windstorm	<b>7</b>	<b>DRESS UP DAY : HAT 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 🧶 Crochet with Keely 10:30 🌿 Meditation / Relaxation 10:30 🎵 <b>Ukulele with Addie</b> 1:30 🛒 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:45 🎮 BINGO	<b>8</b>	<b>DRESS UP DAY: SPORTS / TEAM WEAR</b> 8:00 🚌 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 ↔ Luk Tung Kuen 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🧶 Crochet with Keely 10:30 🌿 Meditation / Relaxation 11:00 🏛 Buddhist Services 1:30 🛒 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "B" Training 2:00 🏛 <b>Resident Council</b> 2:45 🎮 POKENO	<b>9</b>	<b>DRESS UP DAY: WACKY WEDNESDAY</b> 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🎮 Trivial Pursuit 1:30 🛒 Shopping - Town 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:00 🎮 Movie: Nonnas 2:45 🎮 BINGO	<b>10</b>	<b>DRESS UP DAY: PAJAMA'S DAY</b> 8:00 🚌 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🧶 Crochet with Keely 10:30 🌿 Meditation / Relaxation 10:30 🏛 Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 1:45 🛒 Scenic Ride 2:00 🌿 Circuit "B" Training 2:45 🎮 POKENO	<b>11</b>	<b>DRESS UP DAY: DISNEY</b> 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🎮 Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🧶 Mickey Ears Craft 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 2:00 🎮 Movie: Walt Before Mickey	<b>12</b>	<b>DRESS UP DAY: DECADES DAY</b> 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:30 🧶 Fun With Beads 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 4:00 🏛 Catholic Mass
<b>National Coloring 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 🎮 Movie: Toast	<b>14</b>	<b>National Dot Day</b> 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 🎵 <b>Ukulele with Addie</b> 1:30 🛒 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:45 🎮 BINGO	<b>15</b>	<b>National Sit with a Stranger Day</b> 8:00 🚌 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 ↔ Luk Tung Kuen 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🧶 Crochet with Keely 10:30 🌿 Meditation / Relaxation 1:30 🛒 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "B" Training 2:45 🎮 POKENO	<b>16</b>	<b>Constitution Day</b> 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🎵 <b>Music Performance: Sanford Lee</b> 12:00 🛒 KauKau Club Excursion 1:30 🛒 Shopping - Town 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:00 🎮 Movie: Professor Marston & The Wonder Women 2:45 🎮 BINGO	<b>17</b>	<b>National Respect Day</b> 8:00 🚌 Medical Shuttle - Honolulu 10:00 🎮 Game Room Fun 10:00 🎵 <b>Steptaculars Tap Dance Performance</b> 10:30 🏛 Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 1:45 🛒 Scenic Ride 2:00 🌿 Circuit "B" Training 2:45 🎮 POKENO	<b>18</b>	<b>National POW/MIA Recognition Day</b> 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🎮 Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🛒 <b>Musical Performance Hank the Singing Dutchman</b> 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 2:00 🎮 Movie: Radioactive	<b>19</b>	<b>Big Whopper Liar Day</b> 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:30 🎮 Victory Hawaii Church Bingo 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 2:00 ↔ Balance, Stretching and Toning 4:00 🏛 Catholic Mass	<b>20</b>
<b>World Alzheimer's 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 🎮 Movie: 17 Miracles	<b>21</b>	<b>Fall Prevention Awareness Day</b> 8:00 🚌 Medical Shuttle - Windward 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 9:30 🎭 <b>Visit from Windward Nazarene</b> 10:00 🎮 Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🎵 <b>Music Performance: Mellow Friends</b> 1:30 🛒 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:45 🎮 BINGO	<b>22</b>	<b>National Checker's Day</b> 8:00 🚌 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 ↔ Luk Tung Kuen 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🌿 Meditation / Relaxation 10:30 🎵 <b>Music Performance: Roy Hamada</b> 1:30 🛒 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "B" Training 2:45 🎮 POKENO	<b>23</b>	<b>Bluebird of Happiness Day</b> 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:30 🎮 Blackjack and Poker Fun! 10:30 🌿 Meditation / Relaxation 10:30 🎵 <b>Ukulele with Addie</b> 1:30 🛒 Shopping - Town 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:00 🎮 Movie: Last Breath 2:45 🎮 BINGO 6:15 🎮 Casino Night Fun!	<b>24</b>	<b>World Dream Day</b> 8:00 🚌 Medical Shuttle - Honolulu 9:30 ↔ 3rd Floor Exercise 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🧶 Crochet with Keely 10:30 🌿 Meditation / Relaxation 10:30 🏛 Prayer Group - Kailua Christian Church 1:30 ↔ Silver Sneakers Cardio 1:45 🛒 Scenic Ride 2:00 🌿 Circuit "B" Training 2:45 🎮 POKENO	<b>25</b>	<b>National Doodle Day</b> 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 10:00 🎮 Game Room Fun 10:30 🧶 Fun With Beads 10:30 🌿 Meditation / Relaxation 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 2:00 🎮 Movie: Happy Gilmore 2	<b>26</b>	<b>Ancestor Appreciation Day</b> 9:30 ↔ Flow Exercise 9:55 ↔ Flow Exercise 1:30 ↔ Silver Sneakers Cardio 2:00 🎮 BINGO 4:00 🏛 Catholic Mass	<b>27</b>
<b>National Good Neighbor 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 🎮 Movie: The Healer	<b>28</b>	<b>World Heart 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 🎨 Plaza Kaneohe Bake Sale 10:30 🌿 Meditation / Relaxation 10:30 🎵 <b>Ukulele with Addie</b> 1:30 🛒 Shopping - Kaneohe 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "A" Training 2:45 🎮 BINGO	<b>29</b>	<b>National Gum Chewing Day</b> 8:00 🚌 Medical Shuttle - West Side 9:30 ↔ 3rd Floor Exercise 9:30 ↔ Luk Tung Kuen 9:30 🌿 Seated Resistance Band Exercise 10:00 🎮 Game Room Fun 10:15 🧶 Crochet with Keely 10:30 🌿 Meditation / Relaxation 1:30 🛒 Scenic Ride 1:30 ↔ Silver Sneakers Cardio 2:00 🌿 Circuit "B" Training 2:45 🎮 POKENO	<b>30</b>	<div></div> <div>All we have is the knowledge passed on to us by our elders, experiences we inculcate, and hardly negate. But to bridge the generation gap, one needs to adapt to the new while retaining the goodness of the old.</div> <div>Sonali Bendre</div>		<ul style="list-style-type: none"><li>🧶 Arts / Crafts</li><li>🎉 Celebrations</li><li>🍴 Cooking / Baking</li><li>🏛 Educational Classes</li><li>↔ Exercise / Physical Activity</li><li>🛒 Field Trip / Medical Appointments</li><li>🎮 Games</li><li>🌿 Meditation / Mindfulness</li><li>🎬 Movies / Documentaries</li><li>🎵 Music / Special Entertainment</li><li>★ One-on-One</li><li>🎮 Plaza Life Fitness</li><li>🎭 Socials / Social Gathering</li><li>🏛 Spiritual / Worship Services</li><li>🌿 Volunteerism / Community Service</li></ul>					