






FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Van Departures</p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY</p> <p>A – Activity Room MR – Media Room 3rd – Third Floor GR – Game Room FD – Front Desk B – Bistro S – Supervised U – Unsupervised</p>	<p>Happy Valentine's Day</p> 	<p>LUX SUPER BOWL</p> 	<p>HAPPY GROUNDHOG Day</p> 		<p>National Texas Day</p>
<p>2.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Haleiwa Town (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 Ep 4 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: The Price is Right (MR) National Ground Hog Day</p>	<p>3.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Body and Brain Tai Chi w/ Karen (A) 10:00 - Shopping: Goodwill Aiea (U) 11:45 - Scenic: Haleiwa Town (S) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Men's Club with Bryan (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:00 - Old Wives Tale Trivia Game (A) National Carrot Cake Day</p>	<p>4.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:15 - Resident Council (A) 10:30 - Nickel Bingo (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Movie: Midway (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Stuff You Should Know Trivia (A) 3:30 - Hanafuda (A) National Thank A Mail Carrier Day</p>	<p>5.</p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Bingo (A) 11:15 - Kau Kau Club: Fujii Sushi & Teppanyaki Pearlridge (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Wooden Heart Flowers (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Weather Person Day</p>	<p>6.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Senior Moments (A) 1:00 - Excursion: Genki Ball Making at Aliamanu Middle School (S) 2:00 - Crafting with Kristia (A) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B) National Chopsticks Day</p>	<p>7.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 1:00 - Hidden Pictures (GR) 2:00 - Word Search Hour (GR) 3:00 - Brain Buster Puzzle Packs (FD) National Wear Red Day</p>	<p>8.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 10:00 - Activities with Grace and Friends (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Strength and Balance Fuzion Fitness with Daniel (A) 3:00 - Nickel Bingo (A) National Kite Day</p>
<p>9.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Plaza Casino: Blackjack (MR) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 1:00 - Hidden Pictures (GR) 1:30 - Superbowl Tailgate Party (MR) 3:00 - Music with Dean (A) National Superbowl Day</p>	<p>10.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Crafting with Linda (A) 11:45 - Scenic: Papakolea (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Men's Club with Bryan (MR) 2:00 - Bracelet Beading (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - Guess in 10 Trivia Game (A) National Cream Cheese Brownie Day</p>	<p>11.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Hawaii Dance Bomb Silent Disco (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Movie: Back in Action (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) National White Shirt Day</p>	<p>12.</p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 10:00 - Excursion: Waipahu Plantation Village Tour (\$11 Admission) (S) 12:00 - Kau Kau Club: Curry House Aiea (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Birthday Card Creation Club (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Plum Pudding Day</p>	<p>13.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 9:30 - Karaoke Gang (A) 1:00 - Holoholo: Paalaa Kai Bakery (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B) National Pancake Day</p>	<p>14.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Music with Michael (A) 1:00 - Hidden Pictures (MR) 1:30 - Aromatherapy Hand Massage (MR) 2:00 - Craft: Paper Flower Bouquets (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) Valentine's Day</p>	<p>15.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Zumba with Annette (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Nickel Bingo (A) 3:00 - New Horizon Chair Exercises (MR) 3:00 - 7th Day Adventist Choir (A) 3:30 - Hangman Word Game (A) National Wisconsin Day</p>
<p>16.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 12:45 - Scenic: Valley of the Temples (S) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: History 101 Ep 5 (MR) 2:00 - Plaza Casino: Blackjack (A) 2:30 - Errand Run (U) 3:00 - Wii: Sports (MR) National Almond Day</p>	<p>17.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Marukai (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Valley of the Temples (S) 1:00 - Word Search Hour (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Men's Club with Bryan (MR) 2:00 - Olaloa Jammers (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - Old Wives Tale Trivia Game (A) President's Day</p>	<p>18.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Movie: 80 For Brady (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 2:30 - Errand Run (U) 3:00 - Stuff You Should Know Trivia (A) 3:30 - Hanafuda (A) National Wine Day</p>	<p>19.</p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (A) 9:50 - Hydration Recharge (A) 10:00 - Music with Mike Kahue (A) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Tissue Paper Heart Wreath (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Mint Day</p>	<p>20.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Mellow Friends Karaoke Group (A) 10:50 - Japanese Speaking Bible Study with Keiko (B) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B) National Muffin Day</p>	<p>21.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Music with Pono (A) 1:00 - Hidden Pictures (MRR) 1:30 - Aromatherapy Hand Massage (MRR) 2:00 - Plaza Casino: Blackjack (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Sticky Buns Day</p>	<p>22.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - PCHS Spanish Club Activities (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Keiki Kani Choir (A) 3:00 - Fuzion Fitness Seated Zumba (MR) 3:00 - Music with Dean (A) National Margarita Day</p>
<p>23.</p> <p>8:15 - Seated Strength Exercise A (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise A (A) 9:50 - Hydration Recharge (A) 10:00 - Nickel Bingo (A) 11:00 - Pet Therapy with Chibi and Wicket (A) 11:00 - Word of Life Christian Online Service (MR) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 Ep 6 (MR) 2:00 - Plaza Casino: Blackjack (A) 3:00 - Wii: Bowling (MR) National Banana Bread Day</p>	<p>24.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Body and Brain Yoga w/ Karen (A) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Sandra from Pearl City Library (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - I Should've Known That Trivia Game (A) National Tortilla Chip Day</p>	<p>25.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) 11:00 - Bible Study with Gene and Laurent (MR) 1:00 - Hidden Pictures (A) 2:00 - Movie: The Storied Life of AJ Fikry (MR) 2:00 - Tea Time Tuesday (A) 2:30 - Mindful Nature Walk (L) 3:00 - Who Knows Geography Better Game (A) 3:30 - Hanafuda (A) National Clam Chowder Day</p>	<p>26.</p> <p>8:15 - Seated Strength Exercise B (A) 9:00 - Hydration Recharge (A) 9:05 - Seated Strength Exercise B (MR) 9:50 - Hydration Recharge (MR) 10:00 - Hank the Singing Dutchman (A) 11:15 - Kau Kau Club: Gulick Delicatessen (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Birthday Card Creation Club (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Pistachio Day</p>	<p>27.</p> <p>8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise A (A) 1:00 - Holoholo: Crumbi Kapolei (U) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Crafting with Kristia (A) 2:30 - Errand Run (U) 3:00 - Chair Yoga Dance Exercise (MR) 3:00 - Residents Choir Practice (B) National Strawberry Day</p>	<p>28.</p> <p>8:15 - Circuit Training B (3rd) 9:00 - Hydration Recharge (3rd) 9:05 - Circuit Training B (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Inspirational Music with Wally (A) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Music Performance with Glenn and Dave (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) National Floral Design Day</p>	

We hope you will join us for these activities! Please speak with your activities assistant or the Activity Director if you have suggestions, comments, or questions about activities. Please note that all activities and times are subject to change.