

MARCH 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>1. 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) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Plaza Casino: Blackjack (A) 3:00 - 500 Trivia Questions Game (A) 3:30 - Hanafuda (A)</p> <p style="text-align: right;">National Sunkist Citrus Day</p>
<p>2. 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: Kualoa Beach Park (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 Ep 7 (MR) 2:00 - Zumba with Annette (A) 2:30 - Errand Run (U) 3:00 - Jenga (A) 3:30 - Hanafuda (A) National Banana Cream Pie Day</p>	<p>3. 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: H-Mart Pearl City (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Kualoa Beach Park (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 Soup It Forward Day</p>	<p>4. 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: La Dolce Villa (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) Mardi Gras</p>	<p>5. 7:30 - Excursion: Ala Wai Genki Ball Tossing with Aliamanu Middle School (S) 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) 11:00 - Kau Kau Club: 604 Restaurant Ewa (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: St. Patrick's Wind Chimes (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Cheese Doodle Day</p>	<p>6. 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 - Holoholo: Island Manapua Factory Gulick (U) 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 Oreo Cookie Day</p>	<p>7. 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 Dress In Blue Day</p>	<p>8. 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 - 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 Oregon Day</p>
<p>9. 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) 12:45 - Scenic: Yokohama Bay (S) 1:00 - Hidden Pictures (GR) 1:30 - Aromatherapy Hand Massage (GR) 2:00 - Documentary: History 101 Ep 8 (MR) 2:00 - Matt Barber Music Performance (A) 2:30 - Errand Run (U) 3:00 - Nickel Bingo (A) National Crab Meat Day</p>	<p>10. 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 - Crafting with Linda (A) 11:45 - Scenic: Yokohama Bay (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 Mario Day</p>	<p>11. 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: Heart of Champions (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 Oatmeal Nut Waffles Day</p>	<p>12. 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) 10:30 - Kau Kau Club: Waiahole Poi Factory (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 Plant A Flower Day</p>	<p>13. 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: Island Popper Gourmet Popcorn (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 Jewel Day</p>	<p>14. 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: Tissue Paper Shamrock Suncatcher (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Learn About Butterflies Day</p>	<p>15. 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 - Talk Story with Pageant Title Holder Kelli Pagan (Library) 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 - Hangman Word Game (A) 3:30 - Hanafuda (A) National Kansas Day</p>

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<p>16. 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) 12:45 - Scenic: Tantalus (S) 1:00 - Hidden Pictures (MR) 1:30 - Aromatherapy Hand Massage (MR) 2:00 - Documentary: History 101 Ep 9 (MR) 2:00 - Nickel Bingo (A) 2:30 - Errand Run (U) 3:00 - Music with Dean (A) National Panda Day</p>	<p>17. 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Safeway Waikale (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Tantalus (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Men's Club with Bryan (MR) 2:00 - St. Patrick's Day Bingo (A) 3:00 - Book Club Reading with CeCe (A) 3:00 - Korean Drama (MR) 3:30 - Old Wives Tale Trivia Game (A) St. Patrick's Day</p>	<p>18. 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 Union (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 Sloppy Joe Day</p>	<p>19. 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) 11:00 - Kau Kau Club: Zippy's Waipio (S) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Craft: Beaded Shamrock Suncatcher (A) 3:00 - Gorgeous Grams Nail Painting (A) 3:00 - Praise and Bible Study with First Baptist Pearl City Church (MR) National Let's Laugh Day</p>	<p>20. 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 - Holoholo: Ulu Mana Chip Factory (U) 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 Ravioli Day</p>	<p>21. 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 Performance with Glenn and Dave (A) 1:00 - Hidden Pictures (MR) 1:30 - Aromatherapy Hand Massage (MR) 2:00 - Plaza Casino: Blackjack (MR) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (A) National Memory Day</p>	<p>22. 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) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Plaza Casino: Blackjack (A) 3:00 - Fuzion Fitness Seated Zumba MR) 3:00 - 500 Trivia Questions Game (A) 3:30 - Hanafuda (A) National West Virginia Day</p>		
<p>23. 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: Kunia Road (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 Ep 10 (MR) 2:00 - Plaza Casino: Blackjack (A) 3:00 - Suspend Game (A) 3:30 - Hanafuda (A) National Puppy Day</p>	<p>24. 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Tokyo Central Kailua (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Kunia Road (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 - I Should've Known That Trivia Game (A) National Cocktail Day</p>	<p>25. 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: Rush Hour (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 Medal of Honor Day</p>	<p>26. 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) 11:00 - Kau Kau Club: Elena's Filipino Food (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 Spinach Day</p>	<p>27. 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: Honolulu Cookie Company Sand Island (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 Scribble Day</p>	<p>28. 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 - Bingo (A) 3:00 - Brain Buster Puzzle Packs (FD) 3:00 - Ball Drumming Jazzercise with Danicah (MR) National Something on a Stick Day</p>	<p>29. 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 - Pageant Title Holders' Variety Show (A) 1:00 - Guided Meditation (MR) 1:00 - Creative Coloring (MR) 1:30 - Aromatherapy Hand Massage (MR) 2:00 - Music with Dean (A) 3:00 - Fuzion Fitness Seated Zumba MR) 3:00 - Nickel Bingo (A) National Nevada Day</p>		
<p>30. 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: Kapahulu (S) 1:00 - Hidden Pictures (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Documentary: History 101 S2 Ep 1 (MR) 2:00 - Plaza Casino: Blackjack (A) 3:00 - Wii: Sports (MR) National Virtual Vacation Day</p>	<p>31. 8:15 - Circuit Training A (3rd) 9:00 - Hydration Recharge (3rd) 9:00 - Shopping: Seafood City Waipahu (U) 9:05 - Circuit Training A (3rd) 9:50 - Hydration Recharge (3rd) 10:00 - Seated Strength Exercise B (A) 11:45 - Scenic: Kapahulu (S) 1:00 - Word Search Hour (A) 1:30 - Aromatherapy Hand Massage (A) 2:00 - Men's Club with Bryan (MR) 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 Crayon Day</p>							