

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>World Aids Day 1</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 📺 Live Stream: New Hope Video Service (Media Room) 1:00 ❤️ Flow Exercise 1:30 🎬 Movie: Flowers For Algernon (PT) 2:00 ❤️ Silver Sneakers	<b>Walt Disney Day 2</b> 8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:15 🏋️ Strength Training with weights 11:00 🙏 Buddhist Services 11:00 📖 Christian Meditation 11:00 🧠 Exercises For The Brain 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO	<b>Make A Gift Day 3</b> 8:00 🚌 Medical Shuttle - West Side 9:30 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 9:50 ❤️ Flow Exercise 10:15 🎭 Silent Disco: Hawaii Dance Bomb 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 1:45 🚌 Scenic Ride 2:00 🎮 POKENO	<b>Santa's List Day 4</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:15 🏋️ Strength Training with weights 10:30 🎄 Christmas Tree Craft 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO 2:00 🎬 Movie: October Sky (PT) 2:00 🚌 Scenic Ride	<b>National Communicate With Your Kid's Day 5</b> 8:00 🚌 Medical Shuttle - Honolulu 9:30 ❤️ Flow Exercise 9:30 🙏 Prayer Group - Kailua Christian Church 9:50 ❤️ Flow Exercise 10:00 🏋️ Strength Training with weights 10:15 🎵 Music and Movement 1:00 ❤️ Flow Exercise 1:30 🚌 Scenic Ride 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 POKENO	<b>National Microwave Day 6</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🎪 Magic Show with Sven 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO	<b>National Pearl Harbor Remembrance Day 7</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🎮 Victory Hawaii Church Bingo 1:00 ❤️ Flow Exercise 1:30 🎬 Movie: Before We Go (PT) 2:00 ❤️ Balance, Stretching and Toning 4:00 📖 Catholic Mass	
<b>World Coral Day 8</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 📺 Live Stream: New Hope Video Service (Media Room) 1:00 ❤️ Flow Exercise 1:30 🎬 Movie: Almost Christmas (PT) 2:00 ❤️ Silver Sneakers	<b>National Pastry Day 9</b> 8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:15 🏋️ Strength Training with weights 10:45 🎄 Christmas Craft 11:00 📖 Christian Meditation 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO	<b>National Lager Day 10</b> 8:00 🚌 Medical Shuttle - West Side 9:30 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 9:50 ❤️ Flow Exercise 10:15 🎵 Jon Koki Musical Performance 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 1:45 🚌 Scenic Ride 2:00 🏘 Resident Council 2:30 🎮 POKENO 5:00 🎬 St. Ann's Christmas Carolers	<b>Unicef Day for Change 11</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:15 🏋️ Strength Training with weights 11:00 🧠 Exercises For The Brain 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO 2:00 🎬 Movie: The Journey of Natty Gann (PT) 2:00 🚌 Scenic Ride	<b>Gingerbread House Day 12</b> 8:00 🚌 Medical Shuttle - Honolulu 9:30 ❤️ Flow Exercise 9:30 🙏 Prayer Group - Kailua Christian Church 9:50 ❤️ Flow Exercise 10:15 🎮 POKENO 1:00 ❤️ Flow Exercise 1:30 🚌 Scenic Ride 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:45 🎵 Heeia School Christmas Performance	<b>St. Lucia Day 13</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🎵 Musical Performance Hank the Singing Dutchman 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO	<b>Gingerbread Decorating Day 14</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🎮 LDS Visit & Activities 1:00 ❤️ Flow Exercise 1:30 🎬 Movie: The Bear (PT) 2:00 🎵 Friends of Vai 4:00 📖 Catholic Mass 4:00 🎵 Central Union Preschool Christmas Performance	
<b>National Lemon Cupcake Day 15</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 📺 Live Stream: New Hope Video Service (Media Room) 1:00 ❤️ Flow Exercise 1:30 🎬 Movie: Let There Be Light (PT) 2:00 ❤️ Silver Sneakers 3:30 🎵 Harpist Dustin Ebesu	<b>National Chocolate Covered ANYTHING Day 16</b> 8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:15 🏋️ Strength Training with weights 11:00 📖 Christian Meditation 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO 5:30 🚌 Christmas Lights Scenic	<b>Wright Brothers Day 17</b> 8:00 🚌 Medical Shuttle - West Side 9:30 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 9:50 ❤️ Flow Exercise 10:00 🎵 Musical Performance: Sanford Lee 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 1:45 🚌 Scenic Ride 4:30 🎮 Christmas Party with Santa Visit	<b>Bake Cookie Day 18</b> 9:00 🎪 Windward Nazarene School 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🧠 Exercises For The Brain 12:00 🎪 Kau Kau Club 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO 2:00 🎬 Movie: Beethoven's Christmas 2:00 🚌 Scenic Ride	<b>National Oatmeal Muffin Day 19</b> 8:00 🚌 Medical Shuttle - Honolulu 9:30 ❤️ Flow Exercise 9:30 🙏 Prayer Group - Kailua Christian Church 9:50 ❤️ Flow Exercise 10:00 🎵 Heeia School Student Visits 10:00 🏋️ Strength Training with weights 1:00 ❤️ Flow Exercise 1:30 🚌 Scenic Ride 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 POKENO 6:30 🎵 Wellspring Covenant Church Performance	<b>DRESS UP DAY National Christmas Ugly Sweater Day 20</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🎵 Na Kupuna O Ko'olau Hula Performance 10:15 🎵 Uta Kai Japanese Sing-a-Long 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO	<b>DRESS UP DAY Christmas PJ's 21</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🎮 Victory Hawaii Church Bingo 1:00 ❤️ Flow Exercise 1:30 🎬 Movie: If You Believe (PT) 2:00 ❤️ Balance, Stretching and Toning 4:00 📖 Catholic Mass	
<b>DRESS UP DAY Tinsel Shine Bright 22</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 📺 Live Stream: New Hope Video Service (Media Room) 1:00 ❤️ Flow Exercise 1:30 🎬 Movie: It's A Wonderful Life (PT) 2:00 ❤️ Silver Sneakers 6:30 🎵 Oahu College Jazz Band	<b>DRESS UP DAY Green &amp; Red Day 23</b> 8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🎵 Mellow Friends Karaoke 10:15 🏋️ Strength Training with weights 11:00 📖 Christian Meditation 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO 5:30 🚌 Christmas Lights Scenic	<b>CHRISTMAS EVE DRESS UP DAY Holiday Headwear National Day 24</b> 8:00 🚌 Medical Shuttle - West Side 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:15 🎵 Musical Performance: Roy Hamada 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 1:45 🚌 Scenic Ride 2:00 🎮 POKENO	<b>MERRY CHRISTMAS DRESS UP DAY Aloha Christmas National Day 25</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:15 🏋️ Strength Training with weights 10:30 🧠 Exercises For The Brain 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO 2:00 🎬 Movie: The Borrowed Christmas (PT) 2:00 🎬 Movie: 2:00 🚌 Scenic Ride	<b>National Candy Cane Day 26</b> 8:00 🚌 Medical Shuttle - Honolulu 9:30 ❤️ Flow Exercise 9:30 🙏 Prayer Group - Kailua Christian Church 9:50 ❤️ Flow Exercise 10:00 🏋️ Strength Training with weights 10:30 🧠 Exercises For The Brain 1:00 ❤️ Flow Exercise 1:30 🚌 Scenic Ride 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 POKENO	<b>National Fruitcake Day 27</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO	<b>Holy Innocents Day 28</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 1:00 ❤️ Flow Exercise 1:30 🎬 Movie: A Father's Legacy (PT) 2:45 🎵 Musical Performance: Dean Hirata 4:00 📖 Catholic Mass	
<b>Tick Tock Day 29</b> 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 📺 Live Stream: New Hope Video Service (Media Room) 1:00 ❤️ Flow Exercise 1:30 🎬 Movie: Believe (PT) 2:00 ❤️ Silver Sneakers	<b>National Bacon Day 30</b> 8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:15 🏋️ Strength Training with weights 11:00 📖 Christian Meditation 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎮 BINGO	<b>NEW YEAR'S EVE National Day 31</b> 8:00 🚌 Medical Shuttle - West Side 9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🧠 Exercises For The Brain 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 1:45 🚌 Scenic Ride 2:00 🎮 POKENO					