

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Happy Valentine's Day</i></p> <p>Activities are subject to change.</p>						<p>National Play Outside Day 1</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎲 Victory Hawaii Church Bingo 2:00 🕒 BINGO 2:00 ❤️ Balance, Stretching and Toning 4:00 📖 Catholic Mass</p>
<p>Groundhog Day 2</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Seated Resistance Training 10:15 📺 Live Stream: New Hope Video Service (Media Room) 1:30 ❤️ Silver Sneakers Cardio 2:00 🎬 Movie: Notting Hill 2:30 🕒 Brain Games</p>	<p>National Missing Person Day 3</p> <p>8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:30 ⭐ Build-A-Bouquet for Mail Carrier Day 10:30 🎵 Ukulele Practice 11:00 📖 Buddhist Services 1:30 🛒 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎲 BINGO</p>	<p>National Thank A Mail Carrier Day 4</p> <p>8:00 🚌 Medical Shuttle - West Side 9:30 🙏 Luk Tung Kuen 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:30 🎭 Silent Disco: Hawaii Dance Bomb 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p>National Weatherperson's Day 5</p> <p>9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:30 🎲 Checkers Tournament 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 🎬 Movie: Harold and the Purple Crayon 2:45 🎲 BINGO</p>	<p>National Chopsticks Day 6</p> <p>8:00 🚌 Medical Shuttle - Honolulu 9:30 📖 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:30 🎵 Music & Movement 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 🎪 Chopstick Building Contest 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p>National Wear Red Day 7</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🕒 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 2:00 🎲 BINGO 2:00 🎬 Movie: Mowgli: Legend of the Jungle</p>	<p>National Kite Flying Day 8</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎲 Blackjack Tournament 1:30 ❤️ Seated Resistance 2:00 🕒 BINGO 3:00 🎪 Build A Kite 4:00 📖 Catholic Mass</p>
<p>Superbowl Sunday 9</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Seated Resistance Training 10:15 📺 Live Stream: New Hope Video Service (Media Room) 12:45 🎉 SUPERBOWL FESTIVITIES</p>	<p>National Safer Internet Day 10</p> <p>8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:30 🎵 Ukulele Practice 1:30 🛒 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎲 BINGO</p>	<p>National Make A Friend Day 11</p> <p>8:00 🚌 Medical Shuttle - West Side 9:30 🙏 Luk Tung Kuen 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:15 🎵 Jon Koki Musical Performance 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:00 🏠 Resident Council 2:45 🎲 POKENO</p>	<p>National Plum Pudding Day 12</p> <p>9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:30 🎲 Checkers Tournament 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 🎬 Movie: Back in Action 2:45 🎲 BINGO</p>	<p>National Giving Hearts Day 13</p> <p>8:00 🚌 Medical Shuttle - Honolulu 9:30 📖 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p>Valentine's Day 14</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🕒 Game Room Activities 10:15 🎪 Bead Art 1:30 ❤️ Silver Sneakers Cardio 2:00 🎲 BINGO 2:00 🎬 Movie: You Gotta Believe</p>	<p>National Gumdrop Day 15</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎲 Victory Hawaii Church Bingo 2:00 🕒 BINGO 2:00 ❤️ Balance, Stretching and Toning 4:00 📖 Catholic Mass</p>
<p>National Do A Grouch A Favor Day 16</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Seated Resistance Training 10:15 📺 Live Stream: New Hope Video Service (Media Room) 1:30 ❤️ Silver Sneakers Cardio 2:00 🎬 Movie: The Sting 2:30 🕒 Brain Games</p>	<p>Presidents' Day 17</p> <p>8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:30 🎵 Ukulele Practice 1:30 🛒 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎲 BINGO</p>	<p>National Drink Wine Day 18</p> <p>8:00 🚌 Medical Shuttle - West Side 9:30 🙏 Luk Tung Kuen 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p>National Chocolate Mint Day 19</p> <p>9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:30 🎵 Musical Performance: Sanford Lee 12:00 🍸 Kau Kau Club 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 🎬 Movie: Closing Dynasty 2:45 🎲 BINGO</p>	<p>National Love Your Pet Day 20</p> <p>8:00 🚌 Medical Shuttle - Honolulu 9:30 📖 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p>National Caregivers Day 21</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🕒 Game Room Activities 10:00 🎵 Musical Performance Hank the Singing Dutchman 10:15 🎲 BINGO 1:30 ❤️ Silver Sneakers Cardio 2:00 🎬 Movie: The Fundamentals Of Caring</p>	<p>National Margarita Day 22</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:30 🎲 Blackjack Tournament 1:30 ❤️ Seated Resistance 2:00 🕒 BINGO 4:00 📖 Catholic Mass</p>
<p>National Dog Biscuit Day 23</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Seated Resistance Training 10:15 📺 Live Stream: New Hope Video Service (Media Room) 1:30 ❤️ Silver Sneakers Cardio 2:00 🎬 Movie: In the Heart of the Sea 2:30 ⭐ Dog Biscuits for Humane Society</p>	<p>National Tortilla Chip Day 24</p> <p>8:00 🚌 Medical Shuttle - Windward 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:00 🎵 Mellow Friends Karaoke 1:30 🛒 Shopping 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:45 🎲 BINGO</p>	<p>National Chocolate Covered Day 25</p> <p>8:00 🚌 Medical Shuttle - West Side 9:30 🙏 Luk Tung Kuen 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:30 🎵 Musical Performance: Roy Hamada 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO</p>	<p>National Set A Good Example Day 26</p> <p>9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 10:30 🎲 Checkers Tournament 1:30 ❤️ Silver Sneakers Cardio 2:00 ❤️ Circuit "A" Training 2:00 🎬 Movie: Midway 2:45 🎲 BINGO</p>	<p>National Retro Day 27</p> <p>8:00 🚌 Medical Shuttle - Honolulu 9:30 📖 Prayer Group - Kailua Christian Church 9:30 ❤️ Seated Resistance Training 10:00 🕒 Game Room Activities 1:30 ❤️ Silver Sneakers Cardio 1:45 🚌 Scenic Ride 2:00 ❤️ Circuit "B" Training 2:45 🎲 POKENO 6:30 🏠 Alzheimer Caregiver Support Group</p>	<p>National Floral Design Day 28</p> <p>9:30 ❤️ Flow Exercise 9:50 ❤️ Flow Exercise 10:00 🕒 Game Room Activities 10:00 🎵 Performance: Na Kupuna O Ko'olau 1:30 ❤️ Silver Sneakers Cardio 2:00 🎲 BINGO 2:00 🎬 Movie: A Family Affair 3:00 🌸 Floral Vase Designs</p>	<p> 🌱 Creative 🚌 Excursions 🎲 Individual activity 🕒 Intellectual 🍸 Meals 📖 Movies 🎵 Music ⭐ National Day Event ❤️ Physical 📖 Social 🎲 Special Events 📖 Spiritual </p>