


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	National Creative Ice Cream Day 1 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 11:00 📖 Buddhist Services 1:00 ❤️ Flow Exercise 1:30 🚌 Shopping Trip 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Wildland Firefighter Day 2 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 10:30 ❤️ Strength Training with Weights 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	National Compliment Your Mirror Day 3 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎵 Music and Movement with Joslyn 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎭 Wednesday Matinee : The Miracle Club (NF) 2:05 🎮 BINGO	Independence Day 4 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	National Hawaii Day 5 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎭 Movie: Skyfall (PT) 2:05 🎮 BINGO	National Hand Roll Day 6 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎮 Victory Hawaii Church Bingo 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎭 Movie: The Timekeeper (NF)
National Strawberry Sundae Day 7 9:00 ❤️ Flow Exercise 9:30 🚌 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 Bead Art Class 2:00 🎭 Movie: The Trial of Old Drum (NF)	National Freezer Pop Day 8 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 11:00 📖 Christian Meditation 1:00 ❤️ Flow Exercise 1:30 🚌 Shopping Trip 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Dimples Day 9 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 10:30 🎵 Jon Koki Musical Performance 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🏛️ Resident Council 2:30 🎮 POKENO	National Kitten Day 10 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎭 Wednesday Matinee : Red White & Royal Blue (NF) 2:05 🎮 BINGO	National Mojito Day 11 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO 2:30 🎵 Musical Performance: Coffee & Me	Paper Bag Day 12 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🌟 National Day Craft 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎭 Movie: Naked Among Wolves (NF) 2:05 🎮 BINGO	National Barbershop Music Appreciation Day 13 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎵 Silent Disco: Hawaii Dance Bomb 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎭 Movie: Breath of Life (NF) 4:30 📖 Catholic Mass
National Tape Measure Day 14 9:00 ❤️ Flow Exercise 9:30 🚌 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎭 Movie: The (almost completely true) Love Story (NF) 2:00 🎵 Piano Recitals	National Give Something Away Day 15 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 11:00 📖 Christian Meditation 1:00 ❤️ Flow Exercise 1:30 🚌 Shopping Trip 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Personal Chef Day 16 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	World Emoji Day 17 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎵 Musical Performance: Sanford Lee 12:00 🍻 Kau Kau Club 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎭 Wednesday Matinee : The Sense of Wonder (NF) 2:05 🎮 BINGO	National Get To Know Your Customer Day 18 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	National Words With Friends Day 19 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎵 Musical Performance: Hank The Singing Dutchman 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎭 Movie: Still Breathing (NF) 2:05 🎮 BINGO	National Fortune Cookie Day 20 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:00 🎮 Victory Hawaii Church Bingo 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎭 Movie: Awakenings (NF)
National Be Someone Day 21 9:00 ❤️ Flow Exercise 9:30 🚌 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎭 Movie: The Sacrifice (NF)	National Hammock Day 22 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 🎵 Mellow Friends Karaoke 10:15 🐾 Pet Visits 11:00 📖 Christian Meditation 1:00 ❤️ Flow Exercise 1:30 ❤️ Balance, Stretching and Toning 1:30 🚌 Shopping Trip 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 EMPLOYEE MTG	Gorgeous Grandma Day 23 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 10:15 🎵 Musical Performance: Roy Hamada 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO 3:00 🌟 Gorgeous Grandma Activity	National Cousins Day 24 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎭 Wednesday Matinee : A Bend in The River (NF) 2:05 🎮 BINGO	National Refreshment Day 25 8:00 🚌 Medical Shuttle - Honolulu 9:00 ❤️ Flow Exercise 9:30 📖 Prayer Group - Kailua Christian Church 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO 6:30 🏛️ Alzheimer Caregiver Support Group	National Get Gnarly Day 26 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🎵 Musical Performance: Dean Hirata 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎭 Movie: Just Mercy (NF) 2:05 🎮 BINGO	National Day of The Cowboy Dress -Up Day 27 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:00 🎭 Movie: The Shack (NF) 4:30 📖 Catholic Mass 6:15 🎮 Plaza Game Night
National Milk Chocolate Day 28 9:00 ❤️ Flow Exercise 9:30 🚌 Shopping in Kaneohe 9:40 ❤️ Qi Gong 10:30 📖 Live Stream: New Hope Video Service (Media Room) 11:00 📖 St. Ann's Church Shuttle 1:00 ❤️ Flow Exercise 1:40 ❤️ Flow Exercise 2:00 🎮 Bead Art Class 2:00 🎭 Movie: The Perfect Summer (NF)	National Chicken Wing Day 29 8:00 🚌 Medical Shuttle - Windward 9:00 ❤️ Flow Exercise 10:00 ❤️ Balance, Stretching and Toning 10:15 🐾 Pet Visits 11:00 📖 Christian Meditation 1:00 ❤️ Flow Exercise 1:30 🚌 Shopping Trip 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:05 🎮 BINGO	National Climb a Mountain Day 30 8:00 🚌 Medical Shuttle - West Side 9:00 ❤️ Flow Exercise 9:30 ❤️ Luk Tung Kuen 1:00 ❤️ Flow Exercise 1:35 ❤️ Silver Sneakers Workout (improve your cardio) 2:05 🎮 POKENO	National Mutt Day 31 9:00 ❤️ Flow Exercise 9:40 ❤️ Qi Gong 10:15 🌟 National Mutt Day Craft 1:00 ❤️ Flow Exercise 1:35 🏃 Silver Sneakers Workout (improve your cardio) 2:00 🎭 Wednesday Matinee : His Only Son (NF) 2:05 🎮 BINGO	<ul style="list-style-type: none"> 🏃 Creative 🚌 Excursions 🌟 Intellectual 🍻 Meals 🎭 Movies 🎵 Music 🌟 National Day Event ❤️ Physical 🎮 Social 🎭 Special Events 📖 Spiritual 		