November 2024 Independent/ Assist						created age y
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Creative Excursions Intellectual Meals Movies Music Physical Social Special Events Spiritual 	THAN THAN	KFULØ		National Author's Day 1 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) 3:00 ♥ BINGO	National Play Outside Day 2 9:30 ♥ Flow Exercise 2 9:50 ♥ Flow Exercise 10:00 Surprise Performance 1:00 ♥ Flow Exercise 1:30 ♥ Movie: We Have A Ghost (NF) 2:00 ♥ Balance, Stretching and Toning 4:00 ₽ Catholic Mass
National Sandwich Day J 9:30 ♥ Flow Exercise 0:30 ♥ Showping in Kanagha	National Candy Day 8:00 ☐ Medical Shuttle - Windward 4 9:30 < Flow Exercise	American Football Day 5 ELECTION DAY 5 8:00 Goto Medical Shuttle - West Side 9:30 ♥ Flow Exercise 9:30 ♥ Flow Exercise 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 G Scenic Ride 3:00 ¥ POKENO POKENO	National Stress Awareness Day 9:30 ♥ Flow Exercise 6 9:50 ♥ Flow Exercise 10:15 ♥ Strength Training with weights 6 10:15 ♥ Strength Training with weights 10:30 ♥ Cover Me in Sunshine Suncatcher Craft 1:00 ♥ Flow Exercise 1:35 ♥ Silver Sneakers Workout (improve your cardio) 2:00 ♥ Movie: Once Upon A Time In Magnolia (PT) 2:00 ♥ Scenic Ride 3:00 ♥ BINGO 8 8 8	National Bittersweet Chocolate w/ Almonds Day 7 8:00 ⇒ Medical Shuttle - Honolulu 9:30 ♥ Flow Exercise 9:30 ♥ Flow Exercise 9:30 ♥ Flow Exercise 10:00 ♪ Musical Performance: Aloha Mele 1:00 ♥ Flow Exercise 1:35 ♥ Silver Sneakers Workout (improve your cardio) 2:00 ➡ Scenic Ride 2:30 ♪ Musical Performance: Coffee & Me	National STEM Day9:30♥ Flow Exercise89:50♥ Flow Exercise10:15♥ Strength Training with weights10:30◊10:30◊Exercises For The Brain1:00♥ Flow Exercise1:35♥ Silver Sneakers Workout (improve your cardio)3:00¥ BINGO	Go To An Art Museum Day99:30 ♥ Flow Exercise99:50 ♥ Flow Exercise10:15 ♥ Music & Movement1:00 ♥ Flow Exercise: Zookeeper (NF)1:30 ♥ Movie: Where The River Runs Black (PT)4:00 Catholic Mass
	VETERANS DAY 8:00 Gamma Medical Shuttle - Windward 11 9:30 ● Flow Exercise 9:50 ● Flow Exercise 10:15 ● Strength Training with weights 10:30 ◇ Exercises For The Brain 11:00 Ø Christian Meditation 1:00 ♥ Flow Exercise 1:35 ● Silver Sneakers Workout (improve your cardio) 1:45 G Shopping: Marukai 3:00 ♥ BINGO	National Happy Hour Day 8:00 ➡ Medical Shuttle - West Side 12 9:30 ♥ Flow Exercise 9:50 ♥ Flow Exercise 10:30 ♥ Geometric Painting Craft 1:00 ♥ Flow Exercise 1:35 ♥ Silver Sneakers Workout (improve your cardio) 1:45 ➡ Scenic Ride 2:00 ➡ Resident Council 4:30 ♀ Night Bingo & PIZZA PARTY	World Kindness Day 9:30 ♥ Flow Exercise 13 9:50 ♥ Flow Exercise 10:15 ♪ Jon Koki Musical Performance 10:15 ♥ Strength Training with weights 10:15 ♥ Strength Training with weights 10:15 ♥ Strength Training with weights 1:00 ♥ Flow Exercise 1:35 ♥ Silver Sneakers Workout (improve your cardio) 2:00 ♥ Movie: Love, Kennedy (PT) 2:00 ♥ POKENO	National Family PJ Day 14 8:00 Goto Medical Shuttle - Honolulu 9:30 Flow Exercise 9:30 Flow Exercise 9:30 Flow Exercise 9:50 Flow Exercise 10:00 Flow Exercise 10:00 Flow Exercise For The Brain 1:00 Flow Exercise 10:30 Flow Exercise 50 Flow Exercise 11:30 Flow Exercise 1:30 Flow Exercise 1:30 Flow Exercise 5:00 Flow Exercise 1:30 Flow Exercise 1:35 Flow Exercise 1:35 Flow Exercise Silver Sneakers Workout (improve your cardio) 3:00 Flow EXERCI 1:00 Flow Exercise	America Recycles Day159:30 ♥ Flow Exercise9:50 ♥ Flow Exercise10:00 ♪ Musical Performance Hank the Singing Dutchman1:00 ♥ Flow Exercise1:35 ♥ Silver Sneakers Workout (improve your cardio)3:00 響 BINGO	-
9:30 ♥ Flow Exercise 9:30 ➡ Shopping in Kaneohe 9:50 ♥ Flow Exercise 10:00 ➡ Live Stream: New Hope Video	Mickey Mouse's Birthday 18 8:00 ➡ Medical Shuttle - Windward 18 9:30 ♥ Flow Exercise 10:15 ♥ Flow Exercise 10:15 ♥ Strength Training with weights 10:30 ◊ Exercises For The Brain 11:00 ➡ Christian Meditation 1:00 ♥ Flow Exercise 1:35 ♥ Silver Sneakers Workout (improve your cardio) 1:45 ➡ Shopping: Don Quijote 3:00 ➡ BINGO BINGO	National Play Monopoly Day 19 8:00 Gamma Medical Shuttle - West Side 19 9:30 Gamma Flow Exercise 100 9:30 Gamma Luk Tung Kuen 100 9:50 Gamma Flow Exercise 1000 10:00 Gamma POKENO 100 1:00 Gamma Flow Exercise 1:35 Gamma Silver Sneakers Workout (improve your cardio) 1:45 Gamma Scenic Ride 2:00 Gamma Card Making with BYU/LDS Group	National Absurdity Day 9:30 ♥ Flow Exercise 20 9:50 ♥ Flow Exercise 10:00 ♫ Musical Performance: 20 10:15 ♥ Strength Training with weights 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 ♥ Movie: A Little Bit Of Heaven (PT) 2:00 ♀ Scenic Ride 3:00 ♥ BINGO 100 ♥	National Gingerbread Cookie Day 8:00 G Medical Shuttle - Honolulu 21 9:30 ● Flow Exercise 9:30 @ Prayer Group - Kailua Christian Church 9:50 ● Flow Exercise 10:00 ● Strength Training with weights 10:30 ● Bead Art 1:00 ● Flow Exercise 1:30 G Scenic Ride 1:35 ● Silver Sneakers Workout (improve your cardio) 3:00 Z POKENO		National Family Volunteer Day239:30♥ Flow Exercise10:00♬ BYUH Friends1:00♥ Flow Exercise1:30♥ Movie: The Help (PT)4:00∅ Catholic Mass
Celebrate Your Unique Talent Day 9:30 ♀ Flow Exercise 24 9:30 ♀ Shopping in Kaneohe 9:50 ♥ Flow Exercise 10:00 ∅ Live Stream: New Hope Video Service (Media Room) 11:00 ∅ St. Ann's Church Shuttle 1:00 ♥ Flow Exercise 1:30 ♥ Hope Video Service 1:30 ♥ St. Ann's Church Shuttle 1:30 ♥ Service 1:30 ♥ Scenic Ride 2:00 ♥ Silver Sneakers	National Parfait Day 8:00 G Medical Shuttle - Windward 25 9:30 € Flow Exercise 9:50 € Flow Exercise 9:50 € Flow Exercise 10:00 J Mellow Friends Karaoke 10:15 € Strength Training with weights 10:30 ◊ Exercises For The Brain 11:00 J Christian Meditation 1:00 € Flow Exercise 1:35 € Silver Sneakers Workout (improve your cardio) 1:45 G Shopping: Don Quijote 3:00 € BINGO BINGO 100 € 100 €	Giving Tuesday 8:00 Gamma Medical Shuttle - West Side 9:30 Flow Exercise 9:30 Luk Tung Kuen 9:50 Flow Exercise 10:15 Musical Performance: Roy Hamada 1:00 Flow Exercise 1:35 Silver Sneakers Workout (improve your cardio) 1:45 Gamma Scenic Ride 3:00 Flow Exercise	National Jukebox Day279:30 ♥ Flow Exercise279:50 ♥ Flow Exercise10:15 ♥ Strength Training with weights10:30 ◊ Exercises For The Brain1:00 ♥ Flow Exercise1:35 ♥ Silver Sneakers Workout (improve your cardio)2:00 ♥ Movie: Belle & Sebastian (PT)2:00 ♥ Scenic Ride3:00 ♥ BINGO		National Electronic Greetings Day299:30♥ Flow Exercise9:50♥ Flow Exercise10:15✓ Musical Performance: Dean Hirata1:00♥ Flow Exercise1:35♥ Silver Sneakers Workout (improve your cardio)3:00礫 BINGO	National Mousse Day309:30♥ Flow Exercise9:50♥ Flow Exercise1:00♥ Flow Exercise1:30♥ Movie: Mia & The White Lion4:00ØCatholic Mass