

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



- Creative
- Excursions
- Intellectual
- Meals
- Movies
- Music
- Physical
- Social
- Special Events
- Spiritual



THANKFUL

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

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

<p>DAYLIGHT SAVING TIME BEGINS 3</p> <p>National Sandwich Day</p> <p>9:30 Flow Exercise</p> <p>9:30 Shopping in Kaneohe</p> <p>9:50 Flow Exercise</p> <p>10:00 Live Stream: New Hope Video Service (Media Room)</p> <p>10:30 Hawaii Kai JayCeas Kupuna Care</p> <p>11:00 St. Ann's Church Shuttle</p> <p>1:00 Flow Exercise</p> <p>1:30 Movie: Eight Days To Live (PT)</p> <p>1:30 Scenic Ride</p> <p>2:00 Silver Sneakers</p>	<p>National Candy Day 4</p> <p>8:00 Medical Shuttle - Windward</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:15 Strength Training with weights</p> <p>10:30 Exercises For The Brain</p> <p>11:00 Buddhist Services (Media Room)</p> <p>11:00 Christian Meditation</p> <p>1:00 Flow Exercise</p> <p>1:30 Shopping: Don Quijote</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>3:00 BINGO</p>	<p>American Football Day 5</p> <p>ELECTION DAY</p> <p>8:00 Medical Shuttle - West Side</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:15 Silent Disco: Hawaii Dance Bomb</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>1:45 Scenic Ride</p> <p>3:00 POKENO</p>	<p>National Stress Awareness Day 6</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:15 Strength Training with weights</p> <p>10:30 Cover Me in Sunshine Suncatcher Craft</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>2:00 Movie: Once Upon A Time In Magnolia (PT)</p> <p>2:00 Scenic Ride</p> <p>3:00 BINGO</p>
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<p>National Vanilla Cupcake Day 10</p> <p>9:30 Flow Exercise</p> <p>9:30 Shopping in Kaneohe</p> <p>9:50 Flow Exercise</p> <p>10:00 Live Stream: New Hope Video Service (Media Room)</p> <p>11:00 St. Ann's Church Shuttle</p> <p>1:00 Flow Exercise</p> <p>1:30 Movie: Twelve (PT)</p> <p>1:30 Scenic Ride</p> <p>2:00 Silver Sneakers</p>	<p>VETERANS DAY 11</p> <p>8:00 Medical Shuttle - Windward</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:15 Strength Training with weights</p> <p>10:30 Exercises For The Brain</p> <p>11:00 Christian Meditation</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>1:45 Shopping: Marukai</p> <p>3:00 BINGO</p>	<p>National Happy Hour Day 12</p> <p>8:00 Medical Shuttle - West Side</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:30 Geometric Painting Craft</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>1:45 Scenic Ride</p> <p>2:00 Resident Council</p> <p>4:30 Night Bingo & PIZZA PARTY</p>	<p>World Kindness Day 13</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:15 Jon Koki Musical Performance</p> <p>10:15 Strength Training with weights</p> <p>10:15 Strength Training with weights</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>2:00 Movie: Love, Kennedy (PT)</p> <p>2:00 Scenic Ride</p> <p>3:00 POKENO</p>
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<p>National Butter Day 17</p> <p>9:30 Flow Exercise</p> <p>9:30 Shopping in Kaneohe</p> <p>9:50 Flow Exercise</p> <p>10:00 Hawaii Kai JayCeas Kupuna Care</p> <p>10:00 Live Stream: New Hope Video Service (Media Room)</p> <p>11:00 St. Ann's Church Shuttle</p> <p>1:00 Flow Exercise</p> <p>1:30 Movie: The Healer (PT)</p> <p>1:30 Scenic Ride</p> <p>2:00 Silver Sneakers</p>	<p>Mickey Mouse's Birthday 18</p> <p>8:00 Medical Shuttle - Windward</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:15 Strength Training with weights</p> <p>10:30 Exercises For The Brain</p> <p>11:00 Christian Meditation</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>1:45 Shopping: Don Quijote</p> <p>3:00 BINGO</p>	<p>National Play Monopoly Day 19</p> <p>8:00 Medical Shuttle - West Side</p> <p>9:30 Flow Exercise</p> <p>9:30 Luk Tung Kuen</p> <p>9:50 Flow Exercise</p> <p>10:00 POKENO</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>1:45 Scenic Ride</p> <p>2:00 Card Making with BYU/LDS Group</p>	<p>National Absurdity Day 20</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:00 Musical Performance: Sanford Lee</p> <p>10:15 Strength Training with weights</p> <p>10:30 Exercises For The Brain</p> <p>12:00 Kau Kau Club</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>2:00 Movie: A Little Bit Of Heaven (PT)</p> <p>2:00 Scenic Ride</p> <p>3:00 BINGO</p>
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<p>Celebrate Your Unique Talent Day 24</p> <p>9:30 Flow Exercise</p> <p>9:30 Shopping in Kaneohe</p> <p>9:50 Flow Exercise</p> <p>10:00 Live Stream: New Hope Video Service (Media Room)</p> <p>11:00 St. Ann's Church Shuttle</p> <p>1:00 Flow Exercise</p> <p>1:30 Movie: Mother Teresa : No Greater Love</p> <p>1:30 Scenic Ride</p> <p>2:00 Silver Sneakers</p>	<p>National Parfait Day 25</p> <p>8:00 Medical Shuttle - Windward</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:00 Mellow Friends Karaoke</p> <p>10:15 Strength Training with weights</p> <p>10:30 Exercises For The Brain</p> <p>11:00 Christian Meditation</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>1:45 Shopping: Don Quijote</p> <p>3:00 BINGO</p>	<p>Giving Tuesday 26</p> <p>8:00 Medical Shuttle - West Side</p> <p>9:30 Flow Exercise</p> <p>9:30 Luk Tung Kuen</p> <p>9:50 Flow Exercise</p> <p>10:15 Musical Performance: Roy Hamada</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>1:45 Scenic Ride</p> <p>3:00 POKENO</p>	<p>National Jukebox Day 27</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:15 Strength Training with weights</p> <p>10:30 Exercises For The Brain</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>2:00 Movie: Belle & Sebastian (PT)</p> <p>2:00 Scenic Ride</p> <p>3:00 BINGO</p>
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<p>HAPPY THANKSGIVING! 28</p> <p>8:00 Medical Shuttle - Honolulu</p> <p>9:30 Flow Exercise</p> <p>9:30 Prayer Group - Kailua Christian Church</p> <p>9:50 Flow Exercise</p> <p>10:00 Strength Training with weights</p> <p>10:30 Exercises For The Brain</p> <p>1:00 Flow Exercise</p> <p>1:30 Scenic Ride</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>3:00 POKENO</p>	<p>National Go For A Ride Day 22</p> <p>9:30 Hawaiian Mission Academy</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>3:00 BINGO</p>	<p>National Family Volunteer Day 23</p> <p>9:30 Flow Exercise</p> <p>10:00 BYUH Friends</p> <p>1:00 Flow Exercise</p> <p>1:30 Movie: The Help (PT)</p> <p>4:00 Catholic Mass</p>	<p>National Electronic Greetings Day 29</p> <p>9:30 Flow Exercise</p> <p>9:50 Flow Exercise</p> <p>10:15 Musical Performance: Dean Hirata</p> <p>1:00 Flow Exercise</p> <p>1:35 Silver Sneakers Workout (improve your cardio)</p> <p>3:00 BINGO</p>
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