

JANUARY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p>DAILY ACTIVITIES</p> <p>8:00 am Today's News (Newspaper or news on TV) 1:00pm THE CLUB</p> <p>9:00 am Daily Announcements 1:00pm Namaste Program (2nd Flr)</p> <p>9:15 am Group Exercises @ Castle Living Room 3:00pm Ben's Oasis (Hydration Program)</p> <p>10:00 am Namaste (2nd Floor Orchid Room) 3:30pm Afternoon Program</p> <p>10:00 am Juice and Hydration bar 6:00/6:30pm Evening Program</p> <p>10:00am ACTIVITY OF YOUR CHOICE 2nd Floor: KOA ACTIVITIES and NAMASTE 3RD Floor: REDWOOD and CEDAR Activities</p>				<p>1) New Year's Day</p> <p>10:00 My Hopes & Wishes for the New Year with Kyle</p> <p>11:00 With My Hula Hands</p> <p>1:00 Hands-On Activities</p> <p>2:00 Sorting & Organizing</p> <p>3:30 New's Year Day Social and New Year's Resolutions</p> <p>5:30 City Lights Tour</p>		<p>2)</p> <p>10:00 Looking Back 2014</p> <p>10:00 Kickball & Toss</p> <p>11:00 Songs We Remember</p> <p>1:00 Music We Love w/ Joe</p> <p>2:00 Name That Tune!</p> <p>3:00 Walk Down Memory Lane</p> <p>3:30 Karaoke Friday Social</p> <p>6:00 Music For Inspiration</p>		<p>3)</p> <p>10:30 Gaylord Rieta & Friends</p> <p>10:00 Fun Facials & Grooming</p> <p>11:00 Stretcher-cise w/ Gloria</p> <p>1:00 DVD: Carpenter's Gold</p> <p>2:00 Tic-Tac Toe</p> <p>3:00 Japanese Karaoke Singing</p> <p>3:30 Patriotic Sing-Along</p> <p>6:00 Po-Ke-No Night</p>	
<p>4)</p> <p>10:00 Winter Gardening</p> <p>10:00 Sketch & Color</p> <p>11:00 Name That Tune!</p> <p>1:00 Library Reading Club</p> <p>2:00 "Busy Hands"</p> <p>3:30 Facials & Fancy Nails</p> <p>6:00 News Today</p> <p>6:30 Evening Volleyball</p>	<p>5)</p> <p>10:00 Dhan Yoga with Cath</p> <p>10:00 Stamping Arts</p> <p>11:00 Kickball & Toss</p> <p>1:00 Computer You-Tube Time</p> <p>3:00 Taisho Koto Class</p> <p>3:30 Japanese Singing</p> <p>3:30 Pet Visit By Kaori</p> <p>6:00 Bingo Night Fun</p>	<p>6)</p> <p>10:00 Pet Visit By Toby</p> <p>10:00 Korean Foods By Gloria</p> <p>11:00 Headlines With Regie</p> <p>1:00 Hanafuda Class</p> <p>2:00 Mental Exercises w/ Kyle</p> <p>3:00 Ukulele Class w/ Gloria</p> <p>3:30 Soft Net Volley</p> <p>6:00 Korean Drama Special</p>	<p>7)</p> <p>10:00 Door Of Faith</p> <p>10:00 Pet Visit W/Betsy&Latte</p> <p>11:00 Tai Chi Workout w/ Regie</p> <p>1:00 Computer Fun</p> <p>3:00 Circuit Exercises</p> <p>3:30 Trivia Challenge</p> <p>6:30 Sharing Time W/ Mike</p>	<p>8)</p> <p>10:00 Exploring Washington and Oregon with Susie</p> <p>10:00 Sunshine stroll</p> <p>1:00 The Best Of Frank De Lima</p> <p>2:30 Dhan Yoga Aura Event</p> <p>3:30 Fun Facts w/ Regie</p> <p>3:30 Garden Talk & Stroll w/ Joy</p> <p>6:00 Bingo Night Fun </p>	<p>9)</p> <p>10:00 Ernie & Friends</p> <p>10:00 1-1 Bedside Visit</p> <p>11:00 Did You Know?</p> <p>1:00 Movies I Remember with Joe</p> <p>3:00 Popcorn Party Socials</p> <p>3:30 Karaoke Friday Social</p> <p>6:00 Music For Inspiration</p>	<p>10)</p> <p>10:00 Friendly Hearts Ohana (Unity Church Group)</p> <p>11:00 Purely Hawaiian w/ Beth</p> <p>1:00 DVD: Frank Sinatra & Friends</p> <p>2:00 Woodshop Session</p> <p>3:00 Outdoor Fun Talk & Walk</p> <p>3:30 Japanland w/ Kyle</p> <p>6:00 Po-Ke-No Night</p>			
<p>11)</p> <p>10:00 Zumba Moves w/ Angie</p> <p>10:00 Table Volley</p> <p>11:00 News Reading Aloud</p> <p>2:00 Circuit Exercises</p> <p>3:30 Marlon & Friends (a Variety Show)</p> <p>6:00 News Today</p> <p>6:30 Evening Volleyball</p>	<p>12)</p> <p>10:00 Beaded Chains</p> <p>10:00 Scattogories</p> <p>11:00 Bend, Stretch & Rhythm</p> <p>1:00 The Price Is Right!</p> <p>2:00 Trending Issues w/ Jay</p> <p>3:00 Ukulele Class w/ Gloria</p> <p>3:30 Pet Visit By Kaori</p> <p>6:00 Bingo Night Fun</p>	<p>13)</p> <p>10:00 Steptaculars</p> <p>10:00 Garden Talk & Stroll</p> <p>11:00 My Horoscope Today!</p> <p>1:00 Black Jack Fun</p> <p>2:00 Crossword Puzzles</p> <p>3:00 Nostalgic Matinee "Mama Mia"</p> <p>6:00 Toyo Theater Night</p>	<p>14)</p> <p>10:00 Japanese Culture Club</p> <p>10:00 Pet Visit W/Betsy&Latte</p> <p>11:00 Today's Headlines</p> <p>11:00 Beachball Volley</p> <p>2:00 Reminiscing w/ Jay</p> <p>3:30 Music Therapy Club</p> <p>3:30 Fruit Relay Race</p> <p>6:30 Sharing Time W/ Mike</p>	<p>15)</p> <p>10:00 KAWAIULO</p> <p>10:00 Fun In The Sun</p> <p>11:00 The Price Is Right!</p> <p>1:00 DVD: Terry Fator's Best</p> <p>3:00 Learning To Crochet</p> <p>3:30 Ring Toss</p> <p>3:30 New Year Word List</p> <p>6:00 Bingo Night Fun </p>	<p>16)</p> <p>10:00 Cooking w/Jodi & Joy</p> <p>10:00 Group Sensory Fun</p> <p>11:00 Current Events</p> <p>1:00 Music We Love w/ Joe</p> <p>2:00 Creative Lei making</p> <p>3:00 Proverbs & their Meaning</p> <p>3:30 Karaoke Friday Social</p> <p>6:00 Music For Inspiration</p>	<p>17)</p> <p>10:00 New Hope Service</p> <p>10:00 Library Reading Club</p> <p>11:00 Songs I Love To Sing</p> <p>1:00 DVD: Shirley Bassey's Best</p> <p>2:00 Skills Development</p> <p>3:00 Quigong: Just A Practice</p> <p>3:30 Word Building Games</p> <p>6:00 Po-Ke-No Night</p>			
<p>18)</p> <p>10:00 My Memories of Peru By Angie</p> <p>10:00 Surfing The Internet</p> <p>11:00 Stretcher-cise</p> <p>2:30 Hanafuda Angels</p> <p>3:30 Facials & Fancy Nails</p> <p>6:00 News Today</p> <p>6:30 Evening Volleyball</p>	<p>19) Martin Luther King Jr. Day</p> <p>10:00 Cooking w/ Marissa</p> <p>10:00 Martin L. King Jr. Talk</p> <p>11:00 Bend, Stretch, & Rhythm</p> <p>1:00 DVD: Animal Planet Part I</p> <p>2:00 Trending Issues w/ Jay</p> <p>3:00 Taisho Koto Class</p> <p>3:30 Pet Visit By Kaori</p> <p>6:00 Bingo Night Fun</p>	<p>20)</p> <p>10:00 Percussion By Chin New Year Presentation</p> <p>10:00 Pet Visit By Toby</p> <p>11:00 Sunshine Stroll</p> <p>2:00 Hanafuda Class</p> <p>3:00 Ukulele Class w/ Gloria</p> <p>3:30 Warm-Up Exercise</p> <p>6:00 Toyo Theater Night</p>	<p>21)</p> <p>10:00 Pet Visit W/Betsy&Latte</p> <p>10:00 Winter Sponge Painting</p> <p>11:00 Headlines With Regie</p> <p>2:00 "Let's Talk About It" with Jay Seidenstein</p> <p>3:00 Talk Story & Coffee Time</p> <p>3:30 Songs I Remember</p> <p>6:30 Sharing Time W/ Mike</p>	<p>22)</p> <p>10:00 Moiliili Hongwanji</p> <p>10:00 1-1 Room Visit</p> <p>11:00 Move To The Beat</p> <p>1:00 Animal Planet Part II</p> <p>2:00 Music Relaxation</p> <p>3:00 Ring Toss & Tic Tac Toe</p> <p>3:30 Word Building Games</p> <p>6:00 Bingo Night Fun</p>	<p>23)</p> <p>10:00 Winter Spelling Bee</p> <p>10:00 Music Therapy Session</p> <p>11:00 Fun With Math</p> <p>1:00 Movies I Love w/ Joe</p> <p>2:00 Sketch & Color</p> <p>3:00 A Little Bit of Yoga</p> <p>3:30 Karaoke Firday Socials</p> <p>6:00 Music For Inspiration</p>	<p>24)</p> <p>10:00 The EBB Tides</p> <p>10:00 1-1 Bedside Visits</p> <p>11:00 Workout Fun </p> <p>1:00 Outing To Kahala Mall</p> <p>2:00 Relax To Classical Music</p> <p>3:00 My " Busy Hands"</p> <p>3:30 Kickball & Toss</p> <p>6:00 Po-Ke-No Night</p>			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25)	26)	27)	28)	29)	30)	31)
10:00 Polynesian Surprise	9:00 East Oahu Sightseeing	10:00 Wakayagi Shiyu Kai	10:00 Japanese Culture Club	10:00 Mele O Hawaii	9:30 JAKE SHIMABUKURU	10:00 Iolani Story Tellers
10:00 Gardening Club	10:00 Winter Olympics	10:00 1-1 Bedside Visits	10:00 Pet Visit W/Betsy&Latte	10:00 1-1 Bedside Visits	10:30 Cathy&Clayton Presents	10:00 Just A Bit Of Sunshine
11:00 Sing-along w/Regie	11:00 Patriotic Sing-Along	11:00 This Was The Year...	11:00 Strengthening Moves	11:00 Dance To Music	(Special musical performance)	11:00 Japanese Sing-along
2:00 Music Relaxation	2:00 Trending Issues w/ Jay	1:00 Travel Adventures	1:00 Learning A New Song	1:00 Sorting By Colors	1:00 Wood Building Games	1:00 DVD: The Three Tenors
3:00 Movie Matinee	3:00 Ukulele Class w/ Gloria	2:00 Skills Development	2:00 Reminiscing w/ Jay	2:00 Words For The Soul	2:00 Jigsaw Puzzle Mania	2:00 Painting To Music
3:30 Facials & Fancy Nails	3:30 Table & Card games	3:30 New Year's Word List	3:00 News Reading Aloud	3:00 Paper Folding Arts w/ Sue	3:00 Pineapple Bowling	3:00 Pineapple Bowling
6:00 News Today	3:30 Pet Visit By Kaori	3:30 Indoor Tennis Game	3:30 Elvis Music Sing-along	3:30 Afternoon Workout	3:30 Karaoke Firday Socials	3:30 Trivia Pursuit
6:30 Evening Volleyball	6:00 Bingo Night Fun	6:00 Korean Drama Special	6:30 Sharing Time W/ Mike	6:00 Bingo Night Fun	6:00 Music For Inspiration	6:00 Po-Ke-No Night

WEEKLY ACTIVITIES

6:00pm Mondays & Thursdays BINGO Night Fun
 10:00am Wednesdays Pet Visit By Latte & Betsy
 10:00am Thursdays Star of the Sea Catholic Visit
 10:00am Thursdays Resident Council Meeting
 10:00am FRIDAYS Bible Talk w/ Brother Nathan
 2:00pm Fridays Jehovah Witness Church Visit
 6:00pm Fridays Bethel Mission Church



Outings and Sightseeing Activities

January 1, 2015 ... City Lights Tour
 6:00pm to 7:30pm
 January 24, 2015 ... Shopping To Kahala Mall
 1:00pm to 3:00pm, need Families to meet them there
 \$23.00/per resident payable to Roberts Hawaii
 January 26, 2015..Sightseeing to East Oahu(Hanauma Bay, Blow Hole etc.)
 9:00am to 11:00am, \$25.72/person

DAILY NAMASTE CARE

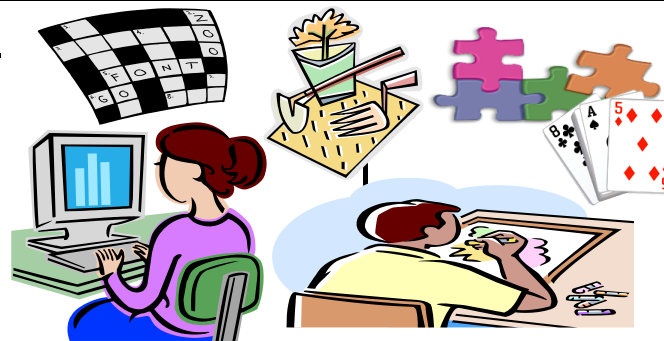
(Person - centered care)



Our Namaste Program blends nursing care and meaningful activities to provide peaceful and relaxing experiences using sensory-based methods such as gentle massages, aromatherapy, soothing music and a comfortable setting.

VOLUNTEERS WANTED

- * Gardening Club
- * Mahjongg Club
- * Blackjack/Cards
- * Painting Class
- * Arts & Crafts
- * Lei Making
- * Play instrument
- * "Talking Story"
- * Photography
- * Scrapbooking



Activities are not limited to those listed in the Calendar. Individualized activities are available too. If you need a guide for you to engage in other meaningful activities, please ask and/or contact any of our Resident assistants.

SALON SERVICES

Salon Services are available on Sundays by Camille Ano (Hairdresser) and Linda Flores (Manicurist). If you are interested in having a service done, please contact your Resident Assistant or Unit Coordinator for the Salon Service Request Form. You can also contact Chona (Hospitality) at the Front Desk.

