### August 2015

<table>
<thead>
<tr>
<th>30</th>
<th>31</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td></td>
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<td>10:00</td>
<td>9:00-11:00</td>
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<tr>
<td>30</td>
<td>31</td>
<td>Tom and Friends</td>
<td>Crafting Club</td>
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<td>6:00 Movie Night: &quot;Wild Card&quot;</td>
<td>9:00 am</td>
<td>Today's News</td>
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<td></td>
<td></td>
<td>3:30 Fancy Nails</td>
<td>3:00</td>
<td>Tea Time (Castle lanai)</td>
<td>3:00</td>
<td>Tea Time (Castle lanai)</td>
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<td></td>
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<td>3:00 Tea Time (Castle lanai)</td>
<td>3:30</td>
<td>Music Relaxation (lanai)</td>
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<td>Music Relaxation (lanai)</td>
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<td></td>
<td></td>
<td>3:30 Fancy Nails</td>
<td>3:30</td>
<td>Circuit Exercises</td>
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<td>Circuit Exercises</td>
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<td></td>
<td></td>
<td>4:00 Movie You Will Love: &quot;What Happens In Vegas&quot;</td>
<td>4:00</td>
<td>Pet Visit with Kaori</td>
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<td>Pet Visit with Kaori</td>
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<td></td>
<td></td>
<td>6:00 Movie Night: &quot;Wild Card&quot;</td>
<td>6:00</td>
<td>BINGO Night</td>
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#### DAILY ACTIVITIES (on 2nd Floor)

- **Sunday, August 30**:
  - 9:00 am: Today's News (at the Aloha Aina)
  - 9:00 am: Juic/Hydration Bar (at the Aloha Aina)
  - 10am & 1:30pm: Namaste (at the Orchid Room)
  - 10:00 am: Group Exercises (2nd Floor Lanai)
  - 10:30-11:30: Stimulating Spontaneous Activities (Lanai)

- **Monday, August 31**:
  - 10:00 am: Group Exercises (2nd Floor Lanai)

- **Tuesday, September 1**:
  - 10:00 am: Group Exercises (2nd Floor Lanai)

- **Wednesday, September 2**:
  - 10:00 am: Group Exercises (2nd Floor Lanai)

- **Thursday, September 3**:
  - 10:30-11:30: Stimulating Spontaneous Activities (Lanai)

- **Friday, September 4**:
  - 10:30-11:30: Stimulating Spontaneous Activities (Lanai)

- **Saturday, September 5**:
  - 10:30-11:30: Stimulating Spontaneous Activities (Lanai)

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*Note: All activities are subject to change. Please call 695-2810 for more information.*
**Ben's Oasis**  
(Daily Hydration Program)

- **Mondays:** Ice Cream
- **Tuesdays:** Hot Coffee
- **Wednesdays:** Cran-apple
- **Thursdays:** Dragonfruit
- **Fridays:** "Cocktails"
- **Saturdays:** Smoothies
- **Sundays:** Tea & Cookies

**SIGHTSEEING TRIP**

- **Pali/Nuuanu/H-3**  
  - **August 25, 2015 (Tuesday)**
  - **9:00 am - 11:00 am**  
  - Checks payable to: Roberts Hawaii (need to pre-pay)

**DAILY ACTIVITIES (Castle Living Room on 3rd Floor)**

- **8:30 am** TODAY'S NEWS (Newspaper or news on TV)
- **9:00 am** DAILY ANNOUNCEMENTS (menu, etc.)
- **9:15 am** GROUP EXERCISES
- **10:00 am** SCHEDULED ACTIVITY (Refer to calendar)
- **10:00 am** Alternate activities at the Library, Castle Lanai
- **11:00 am** JUICE BAR

Our NAMASTE CARE Program  
(Honoring the Spirit Within)

Our Namaste Program blends nursing care and meaningful activities to provide peaceful and relaxing experiences using sensory-based methods such as gentle massages, range of motion, healing touch, music, and aromatherapy.

- **2nd Fl Orchid Room; Daily 10am - 11:30am**
- **Salon Room, Daily from 1:30 p.m. - 5:00 pm**

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 may also contact Chona at the Front Desk or call 732-0771.

**OUTING TRIP to Ala Moana Mall**

- **August 29, 2015 (Saturday)**
  - **1:00 pm - 3:00 pm**  
  - Checks payable to: Roberts Hawaii (need to pre-pay)

Activities are not limited to those listed in this 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, or call the Activity Dept. at 695-2813.