SUNDAY
10:00 Namaste & Music
11:00 Yoga w/ Toshi
11:00 Tai Chi Workout
11:00 Meditation w/ Toshi
11:00 Kona Yoga & Exercise
3:00 Music Minstrel Show
3:00 Physical Fitness Fun
3:30 Creative Arts & Crafts
6:00 Bingo Fun with Ken

MONDAY
10:00 Hula & More with Krista
10:00 Exercise, Rhythm, and Dance Workout
10:00 Mele Aloha Serenaders
10:00 Brooke's Blend Show
6:00 Evening BINGO with Ken

TUESDAY
10:00 Namaste & Music
11:00 Namaste with Gloria
11:00 Trivia/Brain Exercises
11:00 Strengthening Moves
1:30 Bingo Club Fun
1:30 Creative Arts & Crafts
2:30 Ice Cream Sundae Break
3:00 Music Minstrel Show
3:00 Facials & Fancy Nails
6:00 Bingo Fun with Ken
6:00 Evening BINGO with Ken

WEDNESDAY
10:00 Kaliihi Baptist Church Christian Fellowship
10:00 Happy Senior Serenaders
10:00 Book Club with Chloe
1:30 Creative Arts & Crafts
11:00 bodies in Motion
1:30 Puzzles, Board Games
2:30 Ben's Oasis Station
3:00 Greatest Discoveries-DVD
3:00 Facial & Fancy Nails
6:00 Japanese Toyo Theater
6:00 Movie: Independence Day

THURSDAY
10:00 Happy Senior Serenaders
10:00 Book Club with Chloe
11:00 Bodies in Motion
1:30 Puzzles, Board Games
2:30 Ben's Oasis Station
3:00 Funniest Baby Videos
4:00 Beach Ball Kick and Toss
3:30 Team Volleyball Contest
4:00 Pau Hana Sing-along
4:00 Folk Music with Kyle
6:00 Bingo Fun with Ken

FRIDAY
10:00 Pau Hana Glee Club
10:00 Bible Talk w/ Bro. Nathan
6:00 Super Volleyball w/ David

SATURDAY
10:00 Spiritual Music Hour (Plumeria Room)
10:00 Strengthening Moves
1:30 Bingo Club Fun
2:30 Ice Cream Break
3:00 Afternoon Workout
6:00 Bingo Fun with Ken
6:00 Evening BINGO with Ken

SUNDAY
10:00 Hula & More with Krista
10:00 Exercise, Rhythm, and Dance Workout
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### DAILY ACTIVITIES (by 2nd Floor Neighborhood Team)

**Note: Please ask 2nd Floor staff for assistance to the lanais**

<table>
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<tr>
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<tbody>
<tr>
<td>8:00 am</td>
<td>Newspapers Available at the Aloha Aina</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Coffee &amp; Juices (at the Aloha Aina)</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Small Group Exercises (Orchid Dining Rm)</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>1-1 Bedside Visits</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Ben's Oasis (at the Aloha Aina)</td>
</tr>
<tr>
<td>3:30-4:30 pm</td>
<td>Small Group Activity (Orchid Room/Lanai)</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Movie Night (at the Aloha Aina)</td>
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### 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. **Located in our Wellness Building**

### Outing to: Kahala Mall

Fare: $32.00/person
Check payable to: Roberts Hawaii
RSVP call 695-2813

### Salon and Nail Services are Available

Joyce Pasion (Hairdresser)
Linda Flores (Manicurist)

### OUR NAMASTE CARE PROGRAM

Outing to: Kahala Mall

Activities are not limited to those listed in this Calendar. Individualized activities are available as well. 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 Community Life Dept. at 695-2813.

### BEN’S OASIS

(Afternoon Hydration Program)

Residents Committee Meeting
* All Are Invited *
July 6 @ 9am
Call 695-2810 for more info.

### DAILY ACTIVITIES (Castle Living Room located on the 3rd floor)

**Note:** Library assistance provided by our Receptionist DAILY from 10-6:30 p.m.

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