

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1) New Year's Day 10:00 New Year's Day Cooking with Jody Domingo 10:00 Pet Visit w/ Toby 1:30 Puzzles, Board Games 2:30 New Year's Day Social 3:00 2019 Hopes & Wishes 3:00 2019 Afternoon Workout 6:00 Japanese Toyo Theater	2) 10:00 Hula Class with Gloria 10:00 Sensory & Namaste 11:00 Guitar Sing-along w/Sam 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 ESA 1-1 Visit by Deb Zeller 3:30 Indoor Volleyball Contest 6pm Movie: Sleepless In Sheattle	3) 10:00 Kawaiolu (entertainment) 10:00 Outdoor Sensory Fun 11:00 Stretcher-cise! 1:30 Music & Memory Time 2:30 Spinach Smoothie Break 3:00 Benefits of Spinach 4:00 Rhythmic Moves w/ Chin 6:00 Bingo Fun with Ken	4) 10:00 Singing w/ Mike Ebaloroza 10:00 Table Volley @ Lanai 11:00 Physical Fitness Fun 1:00 Resident Council Meeting 1:30 Mahjong Class @ Lanai 3:00 Bean Bag Toss Contest 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	5) 10:00 Gaylord Rieta & Friends 10:00 Range of Motion 11:00 Chair Aerobics 1:30 Gentlemen's Club 3:00 "Kanikapila" Music Jam Session w/ Sam & Manny 4:00 World's National Birds 6:00 Super Volleyball w/ David
	6) 10:00 Karaoke Sing-along 10:00 Outdoor Sensory Fun 11:00 The Three Kings Day 1:30 Creative Beads Craft 2:30 Afternoon Tea Party 3:00 Movie Matinee Show 3:00 Facials & Fancy Nails 6:00 Bingo Fun with Ken	7) 10:00 Violin Friends 10:00 Namaste & HealingTouch 11:00 Stretch & Rhythm 1:30 Bingo Club Fun 2:30 Ice Cream Break 3:00 Complete The Saying 4:00 Zumba Gold Time 6:00 Evening BINGO with Ken	8) 10:00 Kalihi Baptist Church 10:00 Outdoor Time 11:00 Stretcher-cise 1:30 Sewing with Jody 2:00 Reminiscing w/ Jay 2:30 Hot/Cold Coffee Break 2:30 Pet Visit w/ Polly by Chris 6:00 Japanese Toyo Theater	9) 10:00 Sing-Along with Gloria 10:45 Darrell Loo Legacy 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 ESA 1-1 Visit by Deb Zeller 4:00 Beachball Kick and Toss 6pm Movie: Braveheart	10) 10:00 Kathy & Clayton 10:00 Outdoor Sensory Fun 11:00 Tai Chi Workout 1:30 Circuit Exercises 2:30 Apple/Celery Smoothies 3:00 Apples & Celery Benefits 4:00 Sounds&Rhythm w/ Chin 6:00 Bingo Fun with Ken	11) 10:00 Ernie Kanoa & Friends 10:00 Bible Talk w/ Bro. Nathan 11:00 Physical Fitness Fun 1:30 Hanafuda Club 2:30 Chips & Cocktail Hour 2:30 "The Word" w/ Joe 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration
13) 10:00 Pastor Abel Kim 10:00 Beading Club (library) 11:00 Dancing to the Beat 1:30 Creative Lei Making 2:30 Afternoon Tea Party 3:00 King's Chapel Service Nui Valley Church 6:00 Bingo Fun with Ken	14) 10:00 Shigeku and Friends 10:00 Namaste & HealingTouch 10:00 Ben's Oasis Hour 11:00 Stretch & Rhythm 1:30 Bingo Club Fun 3:00 Body & Brains Yoga w/ Cat 4:00 Zumba Gold Time 6:00 Evening BINGO with Ken	15) 10a Dancing w/ Plumeria Girls 10:00 Pet Visit w/ Toby 11:00 Hawaii News Today 2:00 Reminiscing w/ Jay 2:30 Hot/Cold Coffee Break 3:00 Unscramble Games 4:00 Name That Tune! 6:00 Korean Drama Special	16) 10:00 Vegetable Tempura Cooking with Susie 10:00 Table Volleyball 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 3:00 ESA 1-1 Visit by Deb Zeller 4:00 Indoor Tennis Game 6pm Movie: While You Were Sleeping	17) 10:00 True Life in Christ with Pastor Kimon 11:00 Tai Chi Workout 1:30 Music & Memory Time 2:30 Vegetable Smoothies 1:30 Painting Class 4:00 Rhythmic Moves w/ Chin 6:00 Bingo Fun with Ken	18) 10:00 Singing w/ Mike Ebaloroza 10:00 Bible Talk w/ Bro. Nathan 11:00 Physical Fitness Fun 1:30 Let's Play Mahjong 3:00 Veterans Club Social with Joe Kim (Veterans Club Advisor) 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	19) 10:00 Mele Aloha Serenaders 10:00 Sensory & Namaste 11:00 Chair Aerobics 1:30 Gentlemen's Club 2:30 Tomato Juice Stand 3:00 His Arts Ministry Outreach Christian Music Ministry 6:00 Super Volleyball w/ David
20) 10:00 Best Friends Forever Line Dancing Presentation 11:00 Dancing to the Beat 1:30 Lei Making Club 2:30 National Coffee Day 3:00 Movie Matinee Show 3:00 Facials & Fancy Nails 6:00 Bingo Fun with Ken	21) Dr. Martin L. King Jr. Day 10:00 Gordon & Sandy Duets 11:00 Remembering Dr. Martin Luther King Jr. (I have a dream) 1:30 Bingo Club Fun 2:30 Ice Cream Break 3:00 Zumba Gold Time 4:00 Ukulele w/ Gloria & Lynn 6:00 Evening BINGO with Ken	22) 10:00 Kalihi Baptist Church 10:00 Pet Visit w/ Betsy & Latte 11:00 Stretcher-cise 1:30 Sewing with Jody 2:00 Reminiscing w/ Jay 2:30 Pet Visit w/ Yuki by Chris 3:30 Scattogory Contest 6:00 Korean Drama Special	23) 10:00 Door of Faith Christian Svc 10:00 Youtube Fun with Jody 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 ESA 1-1 Visit by Deb Zeller 3:00 Documentary: Wild Magic 4:00 Beachball Kick and Toss 6pm Movie: When Harry Met Sally	24) 10:00 Moilili Hongwanji Buddhist Service 10:00 Outdoor Sensory Fun 1:30 Circuit Exercises 2:30 Fruit Smoothie Break 1:30 Music & Memory Time 4:00 Sounds&Rhythm w/ Chin 6:00 Bingo Fun with Ken	25) 10:00 Songs & Magic w/ Roy 10:00 Bible Talk w/ Bro. Nathan 11:00 Physical Fitness Fun 1:30 Hanafuda Club (Lanai) 2:30 "The Word" w/ Joe 2:30 Chips & Cocktail Hour 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	26) 9:00 Iolani Storytellers Club 10:15 New Hope Service Times 11:00 Chair Aerobics 1:00 Outing to Kahala Mall 2:30 Coconut Water Break 3:00 "Kanikapila" Music Jam Session w/ Sam & Manny 6:00 Super Volleyball w/ David

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
27) 10:00 Kamaka Tom & Co Musical Entertainment 10am Sensory & Namaste 11:00 Dancing to the Beat 1:30 Creative Lei Making 2:30 Iced Tea Social 3:00 Movie Matinee Show 3:30 Fancy Nails & a Movie 6:00 Bingo Fun with Ken	28) 10:00 Arirang Entertainment Korean Variety Show 11:00 Stretch & Rhythm 1:30 Bingo Club Fun 2:30 Ice Cream Break 3:00 Indoor Tennis Game 3:00 Zumba Gold Time 4:00 Ukulele w/ Gloria & Lynn 6:00 Evening BINGO with Ken	29) 10:00 Sushi Making & More by Lani Kaneshiro & Friends 10:00 Pet Visit w/ Betsy & Latte 11:00 Stretcher-cise 1:30 Let's Play Dominoes 2:00 Reminiscing w/ Jay 2:30 Afternoon Coffee Break 10:00 Best Places at Winter 6:00 Korean Drama Special	30) 10:00 Okinawan Folk Dancing Lanakila Senior Center 10:00 Pet Visit w/ Toby 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 ESA 1-1 Visit by Deb Zeller 3:30 The Price is Right! 4:00 Foot Massage w/ Toshi 6:00 Movie:An Affair To Remember	31) 10:00 1950's Songs/Singers 10:00 Fun In The Sun 11:00 Tai Chi Workout 1:30 Music & Memory Time 2:30 Carrot Smoothie Break 3:00 Gentlemens Club w/ Sam 3:00 Women's Club Socials 4:00 Sounds & Rhythm w/ Chin 6:00 Bingo Fun with Ken



Residents Council Meeting
Help Make A Difference...
*** All Are Invited ***
January 4 @ 1:00pm
Castle Living Room

BEN'S OASIS
(Afternoon Hydration Program)
Mondays: Ice Cream
Tuesdays: Coffee
Wednesdays: Juices
Thursdays: "Smoothies"
Fridays: "Cocktails"
Saturdays: Fruit Drinks
Sundays: Iced Tea & Cookies



Salon and Nail Services Available at Maunalani



Joyce Pasion (Hairdresser)
Linda Flores (Manicurist)
Please request an appointment with the Receptionist
OR Call 695-2860.

Outing to Kahala Mall



26th of January, 2019
1pm to 3pm
\$32/per person
Pls. RSVP, Space is Limited

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

8:30 am TODAY'S NEWS (Newspaper or news on TV)	1:30pm THE CLUB (Castle Living Rm)
9:00 am DAILY ANNOUNCEMENTS (menu, etc.)	2:30pm BEN'S OASIS (HYDRATION)
9:15 am GROUP EXERCISES	3:00 pm SCHEDULED ACTIVITY
10:00am SCHEDULED ACTIVITIES (Refer to calendar)	4:00 pm SCHEDULED ACTIVITY
10:00 am NAMASTE (Ethelwyn Wellness Center's 1st floor)	6:00 pm EVENING ACTIVITY

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

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



Come join us

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.

DAILY ACTIVITIES (by 2nd Floor Neighborhood Team)

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

8:00 am	Newspapers Available at the Aloha Aina
9:00 am	Coffee & Juices (at the Aloha Aina)
10:00 am	Small Group Exercises (Orchid Dining Rm)
1:30 pm	1-1 Bedside Visits
2:00 pm	Ben's Oasis (at the Aloha Aina)
3:30-4:30	Small Group Activity (Orchid Room/Lanai)
6:00 pm	Movie Night (at the Aloha Aina)

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