




# MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BEN'S OASIS</b> (Afternoon Hydration Program)  Mondays: Ice Cream Tuesdays: Coffee Wednesdays: Juices Thursdays: "Smoothies" Fridays: "Cocktails" Saturdays: Fruit Drinks Sundays: Iced Tea & Cookies	<p style="text-align: center;"><b>RESIDENT COUNCIL MEETING</b></p>  <p style="text-align: center;"><b>ALL ARE INVITED!</b>  <b>Help Make A Difference...</b></p> <p style="text-align: center;"><b>Friday, March 1</b>                      1:00 p.m.                      Castle Living Room</p>		<p style="text-align: center;"><b>Sightseeing to Windward Side &amp; H3</b>  <b>Friday, March 22, 2019 @ 9am</b></p>  <p style="text-align: center;"><b>Please RSVP. Space is limited. Call 695-2860.</b>  <b>\$32/person. Checks payable to Roberts Hawaii.</b></p>			
<b>3) Girl's Day</b> 10:00 Hula Dancing w/ Kiini and Marissa 11:00 Strength Exercise 1:30 Japanese Arts & Crafts 3:00 Sunday Matinee "The Fast & the Furious" 3:00 Facials & Fancy Nails 6:00 Bingo Fun with Ken	<b>4)</b> 10:00 Wakayagi Japanese Folk Dancing 11:00 Stretch & Rhythm 1:30 Bingo Club Fun 2:00 Reminiscing w/ Jay 3:00 Zumba Gold Time 4:00 Ukulele w/ Gloria & Lynn 6:00 Evening BINGO with Ken	<b>5)</b> 10:00 Taste of Japan with Kayoko Wong 10:00 Pet Visit w/ Betsy & Latte 1:30 Let's Play Dominoes 2:00 Reminiscing w/ Jay 2:30 Pet Visit w/ Polly by Chris 4:00 Chair Yoga with Gloria 6:00 Japanese Toyo Theater	<b>6) Ash Wednesday</b> 9:30 Catholic Ash Wednesday Visit 10:00 Shannon, Kiini, & Marissa 10:00 Pet Visit w/ Toby 11:00 Scattogories 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:30 Word Building Games 6pm Movie: The Ramen Girl	<b>7)</b> 10:00 True Life in Christ with Pastor Kimon 10:00 YouTube Fun (Library) 11:00 Chair Yoga Workout 1:30 Circuit Exercises 2:30 Matcha Smoothie Break 4:00 Sounds & Rhythm w/ Chin 6:00 Bingo Fun with Ken	<b>8)</b> 10:00 Ernie Kanoa & Friends 10:00 Bible Talk w/ Bro. Nathan 11:00 Physical Fitness Fun 1:30 Hanafuda Club w/ Gloria 2:30 "The Word" w/ Joe 3:30 Pau Hana Cocktail Hour 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	<b>9)</b> 10:00 New Hope Service Times 10:00 Sensory Stimulation Fun 11:00 Chair Aerobics 1:30 Gentlemen's Club 2:30 Rootbeer Float Social 3:00 "Kanikapila" Music Jam with Sam, Scot & Manny 6:00 Super Volleyball w/ David
<b>10)</b> 10:00 Japanese Karaoke Sing-along w/ Susie 11:00 Dancing to the Beat 1:30 Paper Folding Arts 2:30 Afternoon Tea Party 4:15 Hi Rainbow Dance Childrens Arts Training Ctr 6:00 Bingo Fun with Ken	<b>11)</b> 10:00 Arirang Entertainment Korean Folk Dancing 10:00 Classical music (library) 11:00 Stretch & Rhythm 1:30 Bingo Club Fun 3:00 Body & Brains Yoga w/ Cat 4:00 Ukulele w/ Gloria & Lynn 6:00 Evening BINGO with Ken	<b>12)</b> 10:00 Kalihi Baptist Church 10:00 Pet Visit w/ Betsy & Latte 11:00 Physical Fitness Fun 2:00 Reminiscing w/ Jay 2:30 Hot/Cold Coffee Break 4:00 Toyo Theater Special Movie: Hula Girls (Part 1) 6:00 Hula Girls Part 2	<b>13)</b> 10:00 Music Relaxation w/ Shannon & Friends 10:00 Gardening Club @ Lanai 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 3:00 Photo Reminiscing w/ Deb 4:00 Indoor Volleyball Contest 6pm Movie: Memoirs of Geisha	<b>14)</b> 10:00 Vegie Tempura Cooking with Susie Kam 11:00 Chair Yoga Workout 1:30 Music & Memory Time 2:30 Fruit Smoothie Break 3:00 Flower Lei Making w/ Kiini 4:00 Sounds & Rhythm w/ Chin 6:00 Bingo Fun with Ken	<b>15)</b> 10:00 Victor & Friends 10:00 Bible Talk w/ Bro. Nathan 11:00 Physical Fitness Fun 1:30 Hanafuda Club w/ Gloria 3:00 Veterans Club Meeting Bob Takao & Punahou School JROTC 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	<b>16)</b> 10:00 Mele Aloha Serenaders 10:00 Sensory & Namaste 11:00 Chair Aerobics 1:30 Gentlemen's Club 2:30 Coconut Water Break 3:00 "Kanikapila" Music Jam Session with Sam, Scot & Manny 6:00 Super Volleyball w/ David
<b>17) St. Patrick's Day</b> 10:00 St. Patrick's Day Social 11:00 Tai Chi 1:30 Lei Making Club 3:00 Sunday Matinee "Jiro Dreams of Sushi" 3:00 Facials & Fancy Nails 6pm Musical Night w/Kiana	<b>18)</b> 10:00 Gordon & Sandy Duets 11:00 Patriotic Trivia 1:30 Bingo Club Fun 2:30 Ice Cream Break 3:00 Road Trip to Japan Japan's Famous Landmarks 4:00 Ukulele w/ Gloria & Lynn 6:00 Sing-Along with Chun	<b>19)</b> 10a Dancing w/ Plumeria Girls 10:00 Pet Visit w/ Betsy & Latte 11:00 Stretcher-cise 1:30 Youtube Fun! 2:00 Reminiscing w/ Jay 2:30 Pet Visit w/ Yuki by Chris 4:00 Chair Yoga with Gloria 6:00 Toyo Theater Night	<b>20)</b> 10:00 Mele O Hawaii (Taisho Koto) 10:00 Gardening Club (2nd floor) 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 Afternoon Workout 3:30 Table Games & Puzzles 4:00 Japanese Calligraphy Arts 6pm Movie: The Last Samurai	<b>21)</b> 10:00 Kawaiulo 10:00 Outdoor Sensory Fun 11:00 Chair Yoga Workout 1:30 Music & Memory Time 2:30 Matcha Smoothie Break 3:00 Flower Lei Making w/ Kiini 4:00 Sounds & Rhythm w/ Chin 6:00 Tekniqlingz Dance Crew	<b>22)</b> 9am Sightseeing to Windward 10:00 Yakisuba Cooking w/ Gloria 10:00 Bible Talk w/ Bro. Nathan 1:30 Hanafuda Club w/ Gloria 2:30 "The Word" w/ Joe 3:30 Pau Hana Cocktail Hour 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	<b>23)</b> 10:00 Hula Halau O' Kamuela 10:00 Sensory & Namaste 11:00 Chair Aerobics 1:30 Gentlemen's Club 2:30 Tomato Juice Break 3:00 Ikebana with Ayako 4:00pm "Kanikapila" Session 6:00 Super Volleyball w/ David

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>24)</b> 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 <b>3:00 Sunday Matinee</b> 3:30 Fancy Nails 6:00 Bingo Fun with Ken	<b>25)</b> 10:00 Japanese Costume and Tea Ceremony w/ Shigeku 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 Musical Night w/ Kiana	<b>26) Prince Kuhio Day</b> 10:00 Kalihi Baptist Church 10:00 Pet Visit w/ Betsy & Latte 11:00 Sushi Making & More by Lani Kaneshiro & Friends 1:30 Let's Play Dominoes 2:00 Reminiscing w/ Jay 2:30 Afternoon Coffee Break 3:30 Prince Kuhio Day Social 6:00 Korean Drama Special	<b>27)</b> 10:00 Japanese Cultural Presentation 10:00 Pet Visit w/ Toby 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 Touring Places w/ Deb 3:30 The Price is Right! 4:00 Foot Massage w/ Toshi 6pm Movie: You Only Live Twice	<b>28)</b> 10:00 Moiliili Hongwanji Buddhist Service 11:00 Chair Yoga Workout 1:30 Music & Memory Time 2:30 Carrot Smoothie Break 3:00Gentlemen's Club w/Sam 3:00 Women's Club Socials 4:00Sounds&Rhythm w/ Chin 6:00 Bingo Fun with Ken	<b>29)</b> 10:00 Door of Faith Christian Svc 10:00 Bible Talk w/ Bro. Nathan 11:00 Physical Fitness Fun 1:30 Hanafuda with Gloria 2:30 Pau Hana Cocktail Hour 3:00 Afternoon Fitness Session 3:30Surfing Internet w/ Immanuel 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	<b>30)</b> 10:00 Mike Ebalagoza Sings Islands Hospice Volunteer 10:00 Sensory & Namaste 11:00 Chair Aerobics 1:30 Gentlemen's Club 2:30 Coconut Water Break 3:00 "Kanikapila" Music Jam Session w/ Sam, Scot & Manny 6:00 Super Volleyball w/ David

<b>31)</b> 10a Japanese Culture Club 10am Sensory & Namaste 1:30 Creative Lei Making 2:30 Iced Tea Social 3:00 King's East Chapel Nui Valley Outreach <b>3:0 Sunday Matinee Show</b> 3:00 Facials & Fancy Nails 6:00 Bingo Fun with Ken
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**Salon and Nail Services Available at Maunalani**




**Joyce Pasion (Hairdresser)**  
**Linda Flores (Manicurist)**

Please request an appointment with the Receptionist  
OR Call 695-2860.

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

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

**2ND FLOOR DAILY ACTIVITIES**  
(by 2nd Floor Neighborhood Team)

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

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



