



# JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 <p>Residents Council Meeting  <b>Help Make A Difference...</b>            * All Are Invited *            January 4 @ 1:00pm            Castle Living Room</p>	<b>1) New Year's Day</b> 10:00 Door of Faith Christian Svc 10:00 Pet Visit w/ Betsy & Latte 11:00 Staying Fit for the New Year 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 2:30 New Year's Day Social 3:00 2020 Hopes & Wishes 6pm Movie: Calendar Girls	<b>2)</b> 10:00 True Life in Christ 10:00 Outdoor Sensory Fun 11:00 Musical Exercise 1:30 Blackjack Club 2:30 Music & Memory w/ Mako 2:30 Spinach Smoothie Break 4:00 Rhythmic Moves w/ Chin 6:00 Bingo Fun with Ken	<b>3)</b> 10:00 Noriko & the Mermaid Club 10:00 Bible Talk w/ Bro. Nathan 11:00 Physical Fitness Fun 1:00 Resident Council Meeting 2:30 Gentlemen's Club w/ Joe 3:00 Bean Bag Toss Contest 4:00 Karaoke Sing-along w/ Joe 6:00 Music For Inspiration	<b>4)</b> 10:00 Gaylord Rieta & Friends 10:00 Range of Motion 11:00 Hula Dancing w/ Kiini 1:30 Gentlemen's Club 3:00 "Kanikapila" Music Jam Session w/ Sam & Manny 4:00 Afternoon Workout 6:00 Super Volleyball w/ David
<b>5)</b> 10:00 Violin Friends 10:00 Outdoor Sensory Fun 11a Three Kings Day Trivia 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	<b>6)</b> 10:00 Music w/ Roy Hamada (Island Hospice Volunteer) 11:00 Stretch & Rhythm 1:30 Bingo Club Fun 2:30 Ice Cream Break 3:00 Proverbs & Phrases 4:00 Ukulele w/ Gloria & Lynn 6:00 Evening BINGO with Ken	<b>7)</b> 10:00 Japanese New Year Traditions by Kayoko Wong 11:00 Stretcher-cise 1:30 Chinese Arts & Crafts 2:00 Reminiscing w/ Jay 2:30 Hot/Cold Coffee Break 2:30 Pet Visit w/ Polly by Chris 6:00 Japanese Toyo Theater	<b>8)</b> 10:00 Pet Visit w/ Betsy & Latte 10:00 Karaoke Sing-along 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 Photo Reminiscing w/ Deb 4:00 Beachball Kick and Toss 6pm Movie: I Love you, Man	<b>9)</b> 10:00 Super Bingo Bonanza By Caregivers Heart Hi LLC 11:00 Tai Chi Workout 1:30 Circuit Exercises 2:30 Music & Memory w/ Mako 2:30 Apple/Celery Smoothies 4:00 Sounds & Rhythm w/ Chin 6:00 Bingo Fun with Ken	<b>10)</b> 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	<b>11)</b> 10:00 New Hope Servie Times 10:00 Outdoor Sensory Time 11:00 Hula Dancing w/ Lisa 1:30 Round Table Talk Story 2:30 Rootbeer Float Social 3:00 "Kanikapila" Music Jam Session w/ Sam & Manny 6:00 Super Volleyball w/ David
<b>12)</b> 10:00 Christian Service w/ Pastory Abel Kim 10:00 Coloring Arts (library) 11:00 Dancing to the Beat 1:30 Creative Lei Making 2:30 Afternoon Tea Party 3:00 Fancy Nails & a Movie 6:00 Bingo Fun with Ken	<b>13)</b> 10:00 New Year's Day Cooking with Gloria Han 10:00 Namaste & Healing Touch 11:00 Stretch & Rhythm 1:30 Bingo Club Fun 2:30 Ice Cream Break 4:00 Ukulele w/ Gloria & Lynn 6:00 Evening BINGO with Ken	<b>14)</b> 10:00 Kalihi Baptist Church 10:00 Pet Visit w/ Toby & Rose 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 Japanese Toyo Theater	<b>15)</b> 10:00 Vegetable Tempura Cooking with Susie 10:00 Pet Visit w/ Betsy & Latte 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 4:00 Indoor Tennis Game 6pm Movie: Something's Gotta Give	<b>16)</b> 10:00 True Life in Christ with Pastor Kimon 11:00 Tai Chi Workout 1:30 Blackjack Club 2:30 Music & Memory w/ Mako 2:30 Vegetable Smoothies 4:00 Rhythmic Moves w/ Chin 6:00 Bingo Fun with Ken	<b>17)</b> 10:00 Chinese Zodiac Puppet Show w/ Ginny Young 10:00 Bible Talk w/ Bro. Nathan 1:30 Blackjack Club 2:30 Chips & Cocktail Hour 3:00 Veterans Club Social 4:00 Karaoke Sing-along w/ Chin 6:00 Music For Inspiration	<b>18)</b> 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
<b>19)</b> 10:00 HAPICA Variety Show 10am Sensory & Namaste 11:00 Dancing to the Beat 1:30 Singing w/ Mike E. (Island Hospice Volunteer) 3:00 Movie Matinee Show 3:00 Facials & Fancy Nails 6:00 Bingo Fun with Ken	<b>20) Dr. Martin Luther Jr. Day</b> 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 Body & Brains Yoga w/ Cat 4:00 Ukulele w/ Gloria & Lynn 6:00 Evening BINGO with Ken	<b>21)</b> 10:00 Mae Wakai Japanese Folk Dancing 11:00 Stretcher-cise 1:30 Creative Lei Making Club 2:00 Reminiscing w/ Jay 2:30 Pet Visit w/ Yuki by Chris 3:30 Scattategory Contest 6:00 Korean Drama Special	<b>22)</b> 10:00 Silver Foxes 10:00 Pet Visit w/ Betsy & Latte 11:00 Bodies In Motion 1:30 Over the Hilltop Serenaders 2:30 Ben's Oasis Station 3:00 Touring Places w/ Deb 4:00 Beachball Kick and Toss 6pm Movie: When Harry Met Sally	<b>23)</b> 10:00 Moiliili Hongwanji Buddhist Service 10:00 Outdoor Sensory Fun 1:30 Circuit Exercises 2:30 Music & Memory w/ Mako 2:30 Fruit Smoothie Break 4:00 Sounds & Rhythm w/ Chin 6:00 Bingo Fun with Ken	<b>24)</b> 10:00 Chinese Cultures and Traditions by Jody Domingo 10:00 Bible Talk w/ Bro. Nathan 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	<b>25) Chinese New Year Begins</b> 9:00 Iolani Storytellers Club 10:00 Songs I Love Singing 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	WEDNESDAY	THURSDAY
<b>26)</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 3:00 Movie Matinee Show 3:30 Fancy Nails & a Movie 6:00 Bingo Fun with Ken	<b>27)</b> 10:00 Wakayagi Entertainment Japanese Traditional Dancing 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	<b>28)</b> 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	<b>29)</b> 10:00 Pet Visit w/ Betsy & Latte 10am Sensory & Namaste 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 3:30 The Price is Right! 4:00 Foot Massage w/ Toshi 6:00 Movie: Breakfast at Tiffany	<b>30)</b> 10:00 1950's Songs/Singers 10:00 Fun In The Sun 11:00 Tai Chi Workout 1:30 Blackjack Club 2:30 Music & Memory w/ Mako 2:30 Carrot Smoothie Break 3:00 Women's Club Socials 4:00 Sounds & Rhythm w/ Chin 6:00 Bingo Fun with Ken	<b>Outing to Kahala Mall</b> <b>Jan. 25, 2020</b> 1pm - 3pm \$32/per person Space is limited, so RSVP early! 	 <b>JOIN US EVERY FRIDAY</b> <b>at 10 am (library)</b>  <b>TALK STORY</b> <b>w/ Maunalani's Administrator</b> <b>Ms. Sai Chantavy</b>

**Salon and Nail Services Available at Maunalani**



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

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

**BEN'S OASIS**  
 (Afternoon Hydration Program)



Mondays: Ice Cream  
 Tuesdays: Coffee  
 Wednesdays: Juices  
 Thursdays: "Smoothies"  
 Fridays: "Cocktails"  
 Saturdays: Fruit Drinks  
 Sundays: Iced Tea & Cookies

**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.

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

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

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





