


# March 2022

## The Plaza at Kaneohe - IL & AL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Each activity can have up to 14 people in main floor activity room.</p>	<p><b>Mardi Gras</b> <b>1</b></p> <p>8:00 🚌 Medical Shuttle - West Side</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎭 Mardi Gras Mask Making</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 POKENO</p> <p>3:15 🎭 Mardi Gras Celebration</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Banana Cream Pie National Day</b> <b>2</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 🚌 IL Shopping Trip</p> <p>10:15 🎲 Board and Card Games</p> <p>10:15 🧘 Virtual Tai Chi</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:30 🚌 AL Scenic Ride</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 BINGO</p> <p>3:15 🎭 Fun In the Kitchen</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>National Anthem National Day</b> <b>3</b></p> <p>8:00 🚌 Medical Shuttle - Honolulu</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 ⭐ Country Flag Making</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 POKENO</p> <p>3:15 🎭 Scavenger Hunt Fun</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Employee Appreciation National Day</b> <b>4</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 🚌 IL Shopping Trip</p> <p>10:15 🎲 Board and Card Games</p> <p>10:15 🎨 Painting Class</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:30 🚌 IL Scenic Ride</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:10 🎭 Movie: Home Team</p> <p>3:10 🎭 Root Beer Float Social</p>	<p><b>Cheese Doodle National Day</b> <b>5</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎲 Card and Board Games</p> <p>10:15 🎮 Cheese Doodle Social</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:00 🎮 Mah Jong Club</p> <p>2:10 🎭 Movie: Annie</p> <p>3:10 🎭 Visit with Chloe</p>
<p><b>White Chocolate Cheesecake National Day</b> <b>6</b></p> <p>8:00 📖 Church</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:30 🚌 St. Ann's Church Shuttle</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 📺 Live Stream: New Hope Video Service (Media Room)</p> <p>10:15 🎲 Tie Die Fun</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:00 🎵 Basic Ukulele Lessons w/ Adeline</p> <p>2:10 🎭 Movie IP Man : The Finale</p> <p>2:30 📖 Catholic Communion Service (individual)</p> <p>3:10 🎮 Game: Rummikub</p>	<p><b>Cereal National Day</b> <b>7</b></p> <p>8:00 🚌 Medical Shuttle - Windward</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎲 Board and Card Games</p> <p>10:30 📺 The Reacher Series</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 BINGO</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Oregon Day National Day</b> <b>8</b></p> <p>8:00 🚌 Medical Shuttle - West Side</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎵 Jon Koki Musical Performance</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:00 🗳 Resident Council</p> <p>2:30 🎮 POKENO</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Barbie National Day</b> <b>9</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 🚌 IL Shopping Trip</p> <p>10:15 🎲 Board and Card Games</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:30 🚌 AL Scenic Ride</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 BINGO</p> <p>3:15 🎭 Scavenger Hunt</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Pack Your Lunch National Day</b> <b>10</b></p> <p>8:00 🚌 Medical Shuttle - Honolulu</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🌿 Plant Club</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 POKENO</p> <p>3:15 🎮 Plaza Trivia</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Johnny Appleseed National Day</b> <b>11</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 🚌 IL Shopping Trip</p> <p>10:15 🎨 Bead Art Class</p> <p>10:15 🎲 Board and Card Games</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:30 🚌 IL Scenic Ride</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:10 🎭 Movie &amp; Popcorn:</p> <p>3:00 🎮 TED Talk with Bobby</p>	<p><b>Plant a Flower National Day</b> <b>12</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎲 Board and Card Games</p> <p>10:15 🌸 Flower Art</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:00 🎮 Mah Jong Club</p> <p>2:10 🎭 Movie: Sweet Girl</p> <p>2:10 🎵 Sing-A-Long</p> <p>3:00 🎮 Scrabble</p>
<p><b>Daylight Saving Time Begins</b> <b>13</b></p> <p><b>Good Samaritan National Day</b></p> <p>8:00 📖 Church</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:30 🚌 St. Ann's Church Shuttle</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 📺 Live Stream: New Hope Video Service (Media Room)</p> <p>10:15 🎲 Board and Card Games</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:00 🎵 Basic Ukulele Lessons w/ Adeline</p> <p>2:10 🎭 Movie The Forgotten Battle</p> <p>2:30 📖 Catholic Communion Service (individual)</p> <p>3:10 🎮 Game: Black Jack</p>	<p><b>Learn About Butterflies National Day</b> <b>14</b></p> <p>8:00 🚌 Medical Shuttle - Windward</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎲 Board and Card Games</p> <p>10:15 🧘 Zumba</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 BINGO</p> <p>3:15 🌸 Butterfly Activity</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Shoe The World National Day</b> <b>15</b></p> <p>8:00 🚌 Medical Shuttle - West Side</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎨 Fun with TIE DYE</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 POKENO</p> <p>3:15 🌿 Shamrocks for St. Patrick's Day</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Panda National Day</b> <b>16</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 🚌 IL Shopping Trip</p> <p>10:15 🎲 Board and Card Games</p> <p>10:15 🎨 St. Patrick's Craft</p> <p>12:00 🍻 Kau Kau Club - Teishoku</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:30 🚌 AL Scenic Ride</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 BINGO</p> <p>3:15 🎭 Scavenger Hunt</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Absolutely Incredible Kid National Day</b> <b>17</b></p> <p><b>St. Patrick's Day</b></p> <p>8:00 🚌 Medical Shuttle - Honolulu</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎵 Music and Movement with Jostlyn</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 POKENO</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Awkward Moments National Day</b> <b>18</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 🚌 IL Shopping Trip</p> <p>10:15 🎲 Board and Card Games</p> <p>10:15 🎨 Paint Class</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:30 🚌 IL Scenic Ride</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:10 🎭 Movie: Tall Girl</p> <p>3:10 🎮 Banana Split Social</p>	<p><b>Backyard National Day</b> <b>19</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎲 Board and Card Games</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:00 🎮 Mah Jong Club</p> <p>2:10 🎭 Movie: A River Runs Through</p> <p>2:10 🎵 Sing-A-Long</p> <p>3:15 🌸 Hawaii Trivia</p>
<p><b>First Day of Spring National Day</b> <b>20</b></p> <p>8:00 📖 Church</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:30 🚌 St. Ann's Church Shuttle</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 📺 Live Stream: New Hope Video Service (Media Room)</p> <p>10:15 🎨 Flower Painting</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:00 🎵 Basic Ukulele Lessons w/ Adeline</p> <p>2:10 🎭 Movie The Lucky One</p> <p>2:30 📖 Catholic Communion Service (individual)</p> <p>3:10 🎮 Game: Rummikub</p>	<p><b>Fragrance National Day</b> <b>21</b></p> <p>8:00 🚌 Medical Shuttle - Windward</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:05 🧘 Virtual TaiChi</p> <p>10:15 🎲 Board and Card Games</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 BINGO</p> <p>3:15 🌸 Name That Smell</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>American Diabetes Association National Day</b> <b>22</b></p> <p>8:00 🚌 Medical Shuttle - West Side</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎵 Hank The Singing Dutchman</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 POKENO</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Puppy National Day</b> <b>23</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 🚌 IL Shopping Trip</p> <p>10:15 🎲 Board and Card Games</p> <p>10:15 🐶 Famous Puppies</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:30 🚌 AL Scenic Ride</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 BINGO</p> <p>3:15 📺 The Reacher Series</p>	<p><b>Cocktail National Day</b> <b>24</b></p> <p>8:00 🚌 Medical Shuttle - Honolulu</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎵 Silent Disco: Hawaii Dance Bomb</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 POKENO</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Tolkien Reading National Day</b> <b>25</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 🚌 IL Shopping Trip</p> <p>10:15 🎨 Bead Art Class</p> <p>10:15 🎲 Board and Card Games</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:30 🚌 IL Scenic Ride</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:10 🎭 Movie &amp; Popcorn: Despicable Me</p> <p>3:00 🎭 TGI Friday: Popcorn</p>	<p><b>Spinach National Day</b> <b>26</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎲 Board and Card Games</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:00 🎮 Mah Jong Club</p> <p>2:10 🎭 Movie: Geronimo 'An American Legend'</p> <p>2:10 🎵 Sing-A-Long</p> <p>3:00 🎮 Scrabble</p> <p>3:15 🌸 Food Trivia</p>
<p><b>Scribble National Day</b> <b>27</b></p> <p>8:00 📖 Church</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:30 🚌 St. Ann's Church Shuttle</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 📺 Live Stream: New Hope Video Service (Media Room)</p> <p>10:15 🎨 Painting Class - Doodles and Scribbles</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:00 🎵 Basic Ukulele Lessons w/ Adeline</p> <p>2:10 🎭 Movie The Shack</p> <p>2:30 📖 Catholic Communion Service (individual)</p> <p>3:10 🎮 Game: Black Jack</p>	<p><b>Something on a Stick National Day</b> <b>28</b></p> <p>8:00 🚌 Medical Shuttle - Windward</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:05 🧘 Virtual TaiChi</p> <p>10:15 🎲 Board and Card Games</p> <p>10:15 🎮 Hanafuda, 3-13 Card Game, and Scrabble</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 BINGO</p> <p>3:15 🌸 Stick Art</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Mom &amp; Pop Owners National Day</b> <b>29</b></p> <p>8:00 🚌 Medical Shuttle - West Side</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 🎵 Jon Koki Musical Performance</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 POKENO</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Take a Walk in the Park National Day</b> <b>30</b></p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:00 🚌 IL Shopping Trip</p> <p>10:15 🎲 Board and Card Games</p> <p>10:15 ⭐ Let's Visit National Parks</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:30 🚌 AL Scenic Ride</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 BINGO</p> <p>3:15 🎭 Scavenger Hunt</p> <p>3:30 📖 Mindful Meditation</p>	<p><b>Crayon National Day</b> <b>31</b></p> <p>8:00 🚌 Medical Shuttle - Honolulu</p> <p>9:00 ❤️ Flow Exercise Session 1</p> <p>9:40 ❤️ Flow Exercise Session 2</p> <p>10:15 ⭐ Crayon Activity</p> <p>1:00 ❤️ Flow Exercise Session 3</p> <p>1:40 ❤️ Flow Exercise Session 4</p> <p>2:30 🎮 POKENO</p> <p>3:30 📖 Mindful Meditation</p>	<p>Each shuttle ride can have up to 14 residents. Ride signups are brought to signup station at 4:00pm the day prior to the ride.</p> <p>Activities are subject to change.</p>	