



December 2021

Hi'olani Care Center Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>wish YOU A merry christmas and a happy new year</i></p>	<p>“There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.”</p> <p>— Nelson Mandela</p> 		<p>9:00 ↔ Superstar Chair Fitness [6th FL LR] 1</p> <p>9:30 🎵 Music Appreciation [6th FL LR]</p> <p>9:30 🐾 Pet Therapy</p> <p>10:00 📖 Who Am I? [6th FL LR]</p> <p>10:30 🎵 Hawaiian Style Christmas Carols [6th FL LR]</p> <p>11:45 🎹 Piano Bar with Mychal [KDR]</p> <p>1:30 🚌 Holo Holo Bus Ride to Pearl City [1st HPC]</p> <p>6:00 🎬 Movie Night with Popcorn [6th FL LR]</p>	<p>9:00 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 2</p> <p>9:30 📖 Mind Games [6th FL LR]</p> <p>10:00 🎵 Sing-a-long [6th FL LR]</p> <p>10:30 ☕ Coffee & Conversation - Big Talk [6th FL LR]</p> <p>2:00 🎨 Craft Creations [A&C]</p> <p>3:30 🌟 Joyful Connections [6th FL LR]</p> <p>5:30 🎮 Blackjack [A&C]</p>	<p>9:00 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 3</p> <p>9:30 🌸 Hand Massage with Aromatherapy [6th FL LR]</p> <p>10:00 🌿 Isn't That Funny! [6th FL LR]</p> <p>10:30 🎨 Adult Coloring [6th FL LR]</p> <p>2:00 ☕ Espresso Bar - 1st & 2nd Floor</p> <p>3:00 ↔ Zumba [6th FL LR]</p>	<p>9:30 ↔ Superstar Chair Fitness [6th FL LR] 4</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🎮 BINGO [6th FL LR]</p> <p>1:00 🍳 Local Style Kitchen with Joy [A&C]</p> <p>2:00 🌿 Beer, Blokes & Brain Games [6th FL LR]</p>
<p>9:30 ↔ Balance of Harmony Chair Yoga [6th FL LR] 5</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🌿 Christmas Trivia & Stories [6th FL LR]</p> <p>2:00 🎬 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR]</p> <p>3:30 🐾 Inner Circle Pen Pals</p> <p>4:30 🎵 Piano Bar with Joshua [KDR]</p> <p>5:30 🎨 Hanafuda [6th FL LR]</p>	<p>9:00 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 6</p> <p>9:30 📖 Mind Aerobics [6th FL LR]</p> <p>10:00 🎨 Gingerbread Cookie Decorating Contest [A&C]</p> <p>2:00 🌿 Word Scrambles [6th FL LR]</p> <p>3:00 🎤 Sing On! with Chanara: Timeless Hymns with Words and Oahu Inspired Background [6th FL LR]</p> <p>3:30 🥤 Smoothie Bar</p> <p>5:30 🎮 Poker [A&C]</p>	<p>9:00 ↔ Music & Motion [6th FL LR] 7</p> <p>9:30 📖 Mind Games [6th FL LR]</p> <p>10:00 🎨 Crafts Galore [6th FL LR]</p> <p>11:00 🎵 Sing-a-long [6th FL LR]</p> <p>11:30 🎹 Piano Bar with Joshua [KDR]</p> <p>2:00 🌍 World's Longest Word [6th FL LR]</p> <p>3:30 📖 Joyful Connections [6th FL LR]</p> <p>5:30 📖 White Board Games [6th FL LR]</p> <p>6:00 🎨 Christmas Lights Ride [1st HPC]</p>	<p>9:00 ↔ Superstar Chair Fitness [6th FL LR] 8</p> <p>9:30 🎵 Music Appreciation [6th FL LR]</p> <p>10:00 📖 Who Am I? [6th FL LR]</p> <p>10:30 🎨 Foam Flowers [6th FL LR]</p> <p>11:45 🎹 Piano Bar with Mychal [KDR]</p> <p>1:30 🚌 Holo Holo Bus Ride to Manoa [1st HPC]</p> <p>6:00 🎬 Movie Night with Popcorn [6th FL LR]</p>	<p>9:00 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 9</p> <p>9:30 📖 Mind Games [6th FL LR]</p> <p>10:00 🎵 Sing-a-long [6th FL LR]</p> <p>10:30 ☕ Coffee & Conversation - Big Talk [6th FL LR]</p> <p>2:00 🎨 Craft Creations [A&C]</p> <p>3:30 🌟 Joyful Connections [6th FL LR]</p> <p>5:30 🎮 Blackjack [A&C]</p>	<p>9:00 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 10</p> <p>9:30 🌸 Hand Massage with Aromatherapy [6th FL LR]</p> <p>10:00 🌿 Isn't That Funny! [6th FL LR]</p> <p>10:30 🎨 Adult Coloring [6th FL LR]</p> <p>2:00 ☕ Espresso Bar - 6th Floor</p> <p>3:00 ↔ Zumba [6th FL LR]</p>	<p>9:30 ↔ Superstar Chair Fitness [6th FL LR] 11</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🎮 BINGO [6th FL LR]</p> <p>1:00 🍳 Local Style Kitchen with Joy [A&C]</p> <p>2:00 🎨 Door Hangings [6th FL LR]</p> <p>3:30 🌿 Mah Jongg Club [6th FL LR]</p>
<p>9:30 ↔ Balance of Harmony Chair Yoga [6th FL LR] 12</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🐾 Red Hat Society Meeting [6th FL LR]</p> <p>2:00 🎨 Christmas Craft [6th FL LR]</p> <p>3:30 🐾 Inner Circle Pen Pals</p> <p>4:30 🎵 Piano Bar with Joshua [KDR]</p> <p>5:30 🎨 Hanafuda [6th FL LR]</p>	<p>9:00 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 13</p> <p>9:30 📖 Mind Aerobics [6th FL LR]</p> <p>10:00 📖 Trivia by Country [6th FL LR]</p> <p>10:30 🌍 Exploring World Cultures - India [6th FL LR]</p> <p>2:00 🎨 Noodle Ball [6th FL LR]</p> <p>2:00 🌿 Word Scrambles [6th FL LR]</p> <p>3:00 🎤 Sing On! with Chanara: Timeless Hymns with Words and Oahu Inspired Background [6th FL LR]</p> <p>3:30 🥤 Smoothie Bar</p> <p>6:00 🎵 Sounds of Aloha Performance</p>	<p>9:00 ↔ Music & Motion [6th FL LR] 14</p> <p>9:30 📖 Mind Games [6th FL LR]</p> <p>10:00 🎨 Crafts Galore [6th FL LR]</p> <p>11:00 🎵 Sing-a-long [6th FL LR]</p> <p>11:30 🎹 Piano Bar with Joshua [KDR]</p> <p>2:00 🌍 World's Longest Word [6th FL LR]</p> <p>3:30 📖 Joyful Connections [6th FL LR]</p> <p>5:30 📖 White Board Games [6th FL LR]</p>	<p>9:00 ↔ Superstar Chair Fitness [6th FL LR] 15</p> <p>9:30 🎵 Music Appreciation [6th FL LR]</p> <p>9:30 🐾 Pet Therapy</p> <p>10:00 📖 Who Am I? [6th FL LR]</p> <p>10:30 🎨 Foam Flowers [6th FL LR]</p> <p>11:45 🎹 Piano Bar with Mychal [KDR]</p> <p>1:30 🚌 Holo Holo Bus Ride to Pearl City [1st HPC]</p> <p>6:00 🎬 Movie Night with Popcorn [6th FL LR]</p>	<p>9:00 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 16</p> <p>9:30 📖 Mind Games [6th FL LR]</p> <p>10:00 🎵 Sing-a-long [6th FL LR]</p> <p>10:30 ☕ Coffee & Conversation - Big Talk [6th FL LR]</p> <p>2:30 🎨 Make & Take Christmas Crafts [KDR]</p> <p>3:30 🌟 Joyful Connections [6th FL LR]</p> <p>6:45 🎨 St. Laurent School of Dance Christmas Program</p>	<p>9:00 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 17</p> <p>9:30 🌸 Hand Massage with Aromatherapy [6th FL LR]</p> <p>10:00 🌿 Isn't That Funny! [6th FL LR]</p> <p>10:30 🎨 Adult Coloring [6th FL LR]</p> <p>2:00 ☕ Espresso Bar - 1st & 2nd Floor</p> <p>3:00 ↔ Zumba [6th FL LR]</p>	<p>9:30 ↔ Superstar Chair Fitness [6th FL LR] 18</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🎮 BINGO [6th FL LR]</p> <p>1:00 🍳 Local Style Kitchen with Joy [A&C]</p> <p>2:00 🌿 Beer, Blokes & Brain Games [6th FL LR]</p> <p>3:30 🌿 Mah Jongg Club [6th FL LR]</p>
<p>9:30 ↔ Balance of Harmony Chair Yoga [6th FL LR] 19</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🐾 Red Hat Society Meeting [6th FL LR]</p> <p>2:00 🌿 Japanese Sing-along [6th FL LR]</p> <p>3:30 🐾 Inner Circle Pen Pals</p> <p>4:30 🎵 Piano Bar with Joshua [KDR]</p> <p>5:30 🎨 Hanafuda [6th FL LR]</p>	<p>9:00 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 20</p> <p>9:30 📖 Mind Aerobics [6th FL LR]</p> <p>10:00 📖 Trivia by Country [6th FL LR]</p> <p>10:30 🌍 Exploring World Cultures - Ireland [6th FL LR]</p> <p>1:30 🎨 Santa Sleigh Comes to Hi'olani to Deliver Gifts [KDR]</p> <p>3:30 🌿 Hot Chocolate & Brownie Social [A&C]</p> <p>5:30 🎮 Poker [A&C]</p>	<p>9:00 ↔ Music & Motion [6th FL LR] 21</p> <p>9:30 📖 Mind Games [6th FL LR]</p> <p>10:00 🎨 Cinnamon Applesauce Ornaments Decorating [A&C]</p> <p>11:00 🎵 Sing-a-long [6th FL LR]</p> <p>11:30 🎹 Piano Bar with Joshua [KDR]</p> <p>2:00 🌍 World's Longest Word [6th FL LR]</p> <p>3:30 📖 Joyful Connections [6th FL LR]</p> <p>5:30 📖 White Board Games [6th FL LR]</p>	<p>9:00 ↔ Superstar Chair Fitness [6th FL LR] 22</p> <p>9:30 🎵 Music Appreciation [6th FL LR]</p> <p>10:00 📖 Who Am I? [6th FL LR]</p> <p>10:30 🎨 Foam Flowers [6th FL LR]</p> <p>11:45 🎹 Piano Bar with Mychal [KDR]</p> <p>1:30 🚌 Holo Holo Bus Ride to H-3 Kaneohe / Coconut Island [1st HPC]</p> <p>6:00 🎬 Movie Night with Popcorn [6th FL LR]</p>	<p>9:00 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 23</p> <p>9:30 📖 Mind Games [6th FL LR]</p> <p>10:00 🎵 Sing-a-long [6th FL LR]</p> <p>10:30 ☕ Coffee & Conversation - Big Talk [6th FL LR]</p> <p>2:00 🎨 Craft Creations [A&C]</p> <p>3:30 🌟 Joyful Connections [6th FL LR]</p> <p>5:30 🎮 Blackjack [A&C]</p>	<p>9:00 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 24</p> <p>9:30 🌸 Hand Massage with Aromatherapy [6th FL LR]</p> <p>10:00 🌿 Carolyn Arbuckle Plays the Piano & Sing-along [6th FL LR]</p> <p>2:00 ☕ Espresso Bar - 6th Floor</p> <p>3:00 ↔ Zumba [6th FL LR]</p>	<p>9:30 ↔ Superstar Chair Fitness [6th FL LR] 25</p> <p>10:00 🎮 Christmas Bingo [6th FL LR]</p> <p>1:00 🍳 Holiday Baking with Joy! Eggnog Pound Cake [A&C]</p> <p>2:00 🎨 Door Hangings [6th FL LR]</p> <p>3:30 🌿 Mah Jongg Club [6th FL LR]</p>
<p>9:30 ↔ Balance of Harmony Chair Yoga [6th FL LR] 26</p> <p>10:00 📖 Mind Games [6th FL LR]</p> <p>10:30 🐾 Red Hat Society Meeting [6th FL LR]</p> <p>2:30 🎬 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR]</p> <p>3:30 🐾 Inner Circle Pen Pals</p> <p>4:30 🎵 Piano Bar with Joshua [KDR]</p> <p>5:30 🎨 Hanafuda [6th FL LR]</p>	<p>9:00 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 27</p> <p>9:30 📖 Mind Aerobics [6th FL LR]</p> <p>10:00 🌍 World's Longest Word [6th FL LR]</p> <p>10:30 🌍 Exploring World Cultures - Italy [6th FL LR]</p> <p>2:00 🎨 Noodle Ball [6th FL LR]</p> <p>2:00 🌿 Word Scrambles [6th FL LR]</p> <p>3:00 🎤 Sing On! with Chanara: Timeless Hymns with Words and Oahu Inspired Background [6th FL LR]</p> <p>3:30 🥤 Smoothie Bar</p> <p>5:30 🎮 Poker [A&C]</p>	<p>9:00 ↔ Music & Motion [6th FL LR] 28</p> <p>9:30 📖 Mind Games [6th FL LR]</p> <p>10:00 🎨 Crafts Galore [6th FL LR]</p> <p>11:00 🎵 Sing-a-long [6th FL LR]</p> <p>11:30 🎹 Piano Bar with Joshua [KDR]</p> <p>2:00 📖 Crosswords [6th FL LR]</p> <p>3:30 📖 Joyful Connections [6th FL LR]</p> <p>5:30 📖 White Board Games [6th FL LR]</p>	<p>9:00 ↔ Superstar Chair Fitness [6th FL LR] 29</p> <p>9:30 🎵 Music Appreciation [6th FL LR]</p> <p>10:00 📖 Who Am I? [6th FL LR]</p> <p>10:30 🎨 Foam Flowers [6th FL LR]</p> <p>11:45 🎹 Piano Bar with Mychal [KDR]</p> <p>1:30 🚌 Holo Holo Bus Ride to Kapolei [1st HPC]</p> <p>6:00 🎬 Movie Night with Popcorn [6th FL LR]</p>	<p>9:00 ↔ Hi'olani Health Club Chair Fitness [6th FL LR] 30</p> <p>9:30 📖 Mind Games [6th FL LR]</p> <p>10:00 🎵 Sing-a-long [6th FL LR]</p> <p>10:30 ☕ Coffee & Conversation - Big Talk [6th FL LR]</p> <p>2:00 🎨 Craft Creations [A&C]</p> <p>3:30 🌟 Joyful Connections [6th FL LR]</p> <p>5:30 🎮 Blackjack [A&C]</p>	<p>9:00 ↔ Movers -n- Shakers Chair Fitness [6th FL LR] 31</p> <p>9:30 🌸 Hand Massage with Aromatherapy [6th FL LR]</p> <p>10:00 🌿 Isn't That Funny! [6th FL LR]</p> <p>10:30 🎨 Adult Coloring [6th FL LR]</p> <p>2:00 ☕ Espresso Bar - 1st & 2nd Floor</p> <p>3:00 ↔ Zumba [6th FL LR]</p>	<ul style="list-style-type: none"> 🎨 Arts/Creative 🎮 Entertainment 🌿 Environmental 📖 Intellectual 🎵 Musical 🚌 Outings ↔ Physical ☕ Refreshments 🌸 Self-Care 🐾 Social 🍳 Spiritual