

# December 2023

## Hi'olani Care Center Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>December cont'd</b> <b>31</b> 10:00 🎉 New Years Eve with Phil and Friends [3rd Actvty Rm] 2:00 🎉 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 🎉 Mah Jong [6th FL NS]	 <b>31</b>	 <b>31</b>	 <b>31</b>	<b>"We're so busy watching out for what's ahead of us that we don't take time to enjoy where we are."</b> <b>— Bill Watterson, Calvin &amp; Hobbes</b>	9:00 🎉 The Lucy Show - YouTube [6th FL LR] <b>1</b> 9:30 🎉 Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 🎉 Piggy Bankers [6th FL LR] 11:00 🎉 Current Events [6th FL LR] 1:30 🎉 Ice Cream Cart 3:00 🎉 Exercise with Bronson [6th FL LR]	9:30 🎉 Superstar Chair Fitness [6th FL LR] <b>2</b> 10:00 🎉 Mind Games [6th FL LR] 10:30 🎉 BINGO [6th FL LR] 1:00 🎉 Local Style Kitchen with Joy [3rd Actvty Rm] 2:15 🎉 Arts & Crafts [6th FL LR] 3:30 🎉 Haiku Poems with Daisy [6th FL LR]
9:00 🎉 Sing along with Bronson [3rd Actvty Rm] <b>3</b> 10:00 🎉 Pet Therapy visits with Abby and Owen 11:00 🎉 Culinary Trivia and youtube videos [3rd Actvty Rm] 2:00 🎉 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 🎉 Mah Jong [6th FL NS]	9:00 🎉 Sing along [3rd Actvty Rm] <b>4</b> 9:30 🎉 Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 2:00 🎉 Manis with Rolan [6th FL LR] 3:00 🎉 Joyful Connections [6th FL LR] 6:00 🎉 Mah Jong [6th FL NS]	9:00 🎉 Music [6th FL LR] <b>5</b> 9:30 🎉 Theraband Exercise with Rolan [6th FL LR] 10:00 🎉 Mind Games [6th FL LR] 2:00 🎉 Crossword Puzzle [6th FL LR] 3:00 🎉 Joyful Connections [6th FL LR]	9:00 🎉 Noodle Chair Fitness [3rd Actvty Rm] <b>6</b> 9:30 🎉 Art Therapy [3rd Actvty Rm] 10:30 🎉 Holiday Songs with Dr. Arbuckle [3rd Actvty Rm] 1:30 🎉 Holoholo Bus Ride to Punchbowl [1st HPC] 3:00 🎉 Popcorn Bar [3rd Actvty Rm] 6:00 🎉 Mah Jong [6th FL NS]	9:00 🎉 Sing-a-long [6th FL LR] <b>7</b> 9:30 🎉 Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR] 10:00 🎉 Mind Games [6th FL LR] 2:00 🎉 Mele with Dean Hirata [3rd Actvty Rm] 6:00 🎉 Bingo Night [3rd FL]	9:00 🎉 The Lucy Show - YouTube [6th FL LR] <b>8</b> 9:30 🎉 Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 🎉 Church Service with Pastor Brad Chow [6th FL LR] 11:00 🎉 Current Events [6th FL LR] 1:30 🎉 Ice Cream Cart 3:00 🎉 Exercise with Bronson [6th FL LR] 6:00 🎉 Christmas Lights Bus Ride [1st HPC]	9:30 🎉 Superstar Chair Fitness [6th FL LR] <b>9</b> 10:00 🎉 Mind Games [6th FL LR] 10:30 🎉 BINGO [6th FL LR] 1:00 🎉 Local Style Kitchen with Joy [3rd Actvty Rm] 3:45 🎉 Boy Scout Troop singing Christmas Carols [3rd Actvty Rm]
9:00 🎉 Sing along with Bronson [3rd Actvty Rm] <b>10</b> 10:00 🎉 Get fit with Bronson [3rd Actvty Rm] 10:30 🎉 Brain Games [3rd Actvty Rm] 11:00 🎉 Culinary Trivia and youtube videos [3rd Actvty Rm] 2:00 🎉 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 🎉 Mah Jong [6th FL NS]	10:00 🎉 Kahala Nui Ukulele Players - Christmas program [3rd Actvty Rm] <b>11</b> 2:00 🎉 Manis with Rolan [6th FL LR] 3:00 🎉 Joyful Connections [6th FL LR] 6:00 🎉 Mah Jong [6th FL NS]	9:00 🎉 Music [6th FL LR] <b>12</b> 9:30 🎉 Theraband Exercise with Rolan [6th FL LR] 10:00 🎉 Mind Games [6th FL LR] 2:00 🎉 Crossword Puzzle [6th FL LR] 3:00 🎉 Joyful Connections [6th FL LR]	9:00 🎉 Noodle Chair Fitness [3rd Actvty Rm] <b>13</b> 9:30 🎉 Brain Workout [3rd Actvty Rm] 10:00 🎉 Art Therapy [3rd Actvty Rm] 1:30 🎉 Holoholo Bus Ride to Heia Pier [1st HPC] 3:00 🎉 Popcorn Bar [3rd Actvty Rm] 4:00 🎉 Christmas Carols with Dr. Arbuckle 6:00 🎉 Mah Jong [6th FL NS]	10:00 🎉 "Aunties and Uncles" musical christmas performance [3rd Actvty Rm] <b>14</b> 2:00 🎉 Talk Story Group [6th FL LR] 3:30 🎉 Relaxation and self care with Rolan [6th FL LR] 7:00 🎉 Sounds of Aloha	10:45 🎉 Kahala Nui Skylarks Performance - Christmas [3rd Actvty Rm] <b>15</b> 1:30 🎉 Ice Cream Cart 3:00 🎉 Exercise with Bronson [6th FL LR]	9:30 🎉 Superstar Chair Fitness [6th FL LR] <b>16</b> 10:00 🎉 Mind Games [6th FL LR] 10:30 🎉 BINGO [6th FL LR] 1:00 🎉 Local Style Kitchen with Joy [3rd Actvty Rm] 2:15 🎉 Arts & Crafts [6th FL LR] 3:30 🎉 Haiku Poems with Daisy [6th FL LR]
9:00 🎉 Sing along with Bronson [3rd Actvty Rm] <b>17</b> 10:00 🎉 Get fit with Bronson [3rd Actvty Rm] 10:45 🎉 Christmas Carolers [3rd Actvty Rm] 2:00 🎉 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 🎉 Mah Jong [6th FL NS]	9:00 🎉 Sing along [3rd Actvty Rm] <b>18</b> 9:30 🎉 Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 11:30 🎉 Assisted Living Christmas Tea Party [KDR] 2:00 🎉 Manis with Rolan [6th FL LR] 3:00 🎉 Joyful Connections [6th FL LR] 6:00 🎉 Mah Jong [6th FL NS]	9:00 🎉 Music [6th FL LR] <b>19</b> 9:30 🎉 Theraband Exercise with Rolan [6th FL LR] 10:00 🎉 Mind Games [6th FL LR] 2:00 🎉 Japanese Christmas Sing Along [3rd Actvty Rm]	9:00 🎉 Noodle Chair Fitness [3rd Actvty Rm] <b>20</b> 9:30 🎉 Art Therapy [3rd Actvty Rm] 10:30 🎉 Holiday Songs with Dr. Arbuckle [3rd Actvty Rm] 1:30 🎉 Holo Holo Bus Ride [1st HPC] 6:00 🎉 Mah Jong [6th FL NS]	9:00 🎉 Sing-a-long [6th FL LR] <b>21</b> 9:30 🎉 Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR] 10:00 🎉 Mind Games [6th FL LR] 3:30 🎉 Santa Visits Hi'olani Care Center 6:00 🎉 Bingo Night [3rd FL]	10:00 🎉 JAMS Holiday Ensemble [3rd Actvty Rm] <b>22</b> 1:30 🎉 Ice Cream Cart 3:00 🎉 Exercise with Bronson [6th FL LR]	10:00 🎉 Pure Nerves Christmas Program [3rd Actvty Rm] <b>23</b> 2:15 🎉 Arts & Crafts [6th FL LR] 3:30 🎉 Photography Class with Daisy [6th FL LR]
9:00 🎉 Sing along with Bronson [3rd Actvty Rm] <b>24</b> 10:00 🎉 Get fit with Bronson [3rd Actvty Rm] 10:30 🎉 Brain Games [3rd Actvty Rm] 11:00 🎉 Culinary Trivia and youtube videos [3rd Actvty Rm] 2:00 🎉 Movie Matinee - Netflix Over 10,000 Movies to Choose From [6th FL LR] 3:30 🎉 Mah Jong [6th FL NS]	9:00 🎉 Sing along [3rd Actvty Rm] <b>25</b> 9:30 🎉 Movers -n- Shakers Chair Fitness [3rd Actvty Rm] 10:00 🎉 Arts & Crafts [3rd Actvty Rm] 2:00 🎉 Manis with Rolan [6th FL LR] 3:00 🎉 Joyful Connections [6th FL LR] 6:00 🎉 Mah Jong [6th FL NS]	9:00 🎉 Music [6th FL LR] <b>26</b> 9:30 🎉 Theraband Exercise with Rolan [6th FL LR] 10:00 🎉 Mind Games [6th FL LR] 2:00 🎉 Crossword Puzzle [6th FL LR] 3:00 🎉 Joyful Connections [6th FL LR]	9:00 🎉 Noodle Chair Fitness [3rd Actvty Rm] <b>27</b> 9:30 🎉 Brain Workout [3rd Actvty Rm] 10:00 🎉 Art Therapy [3rd Actvty Rm] 1:30 🎉 Holoholo Bus Ride to Lanikai [1st HPC] 3:00 🎉 Popcorn Bar [3rd Actvty Rm] 6:00 🎉 Mah Jong [6th FL NS]	9:00 🎉 Sing-a-long [6th FL LR] <b>28</b> 9:30 🎉 Hi'olani Health Club Chair Fitness (Theraband fitness) [6th FL LR] 10:00 🎉 Mind Games [6th FL LR] 2:00 🎉 Talk Story Group [6th FL LR] 3:30 🎉 Relaxation and self care with Rolan [6th FL LR] 6:00 🎉 Bingo Night [3rd FL]	9:00 🎉 The Lucy Show - YouTube [6th FL LR] <b>29</b> 9:30 🎉 Movers -n- Shakers Chair Fitness [6th FL LR] 10:00 🎉 Piggy Bankers [6th FL LR] 11:00 🎉 Current Events [6th FL LR] 1:30 🎉 Ice Cream Cart 3:00 🎉 Exercise with Bronson [6th FL LR]	9:30 🎉 Superstar Chair Fitness [6th FL LR] <b>30</b> 10:00 🎉 Mind Games [6th FL LR] 10:30 🎉 BINGO [6th FL LR] 2:15 🎉 Arts & Crafts [6th FL LR] 3:30 🎉 Haiku Poems with Daisy [6th FL LR]

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