

January 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Sunshine Wing

Activities Subject to Change

Happy New Year 1



Center Closed

New Years Resolutions SG 2
Nail Tech SHY
Spelling Bee SHY
Table Therapy/ Puzzles DM
Activity Packet DG
Small Group Bingo KK
Outdoor Walking MT
Nail Tech JM
Garden Walk DL
PM2 Group Singing
PM2 Trivia

Paper Chain Snakes SG 3
New Year Art SHY
Word Search SHY
Puzzles DM
Activity Packet DM
Massage DG
Outdoor Recreation KK/JM
Free Style Art VB
Small Group Bingo DL
PM2 Chair Exercise
PM2 Balloon Toss

Paper Chain Snakes SG 4
Indoor Recreation
Chair Exercise
Talk Story/Reminisce KK
Arts and Crafts
Activity Packet DL

5 **Holo Holo Ride 1pm MT** 6
Music By Albert 1:30pm
Activity Packet /Puzzles SHY
Words in a Word DL
Table Game DG
Table Art KK
Table Therapy VB
Hand/Foot Massage JM/DM
Outdoor Recreation AT
PM2 Charades
PM2 Word Games

7 **Ceramics** 7
Chair Zumba SG
Watercolor Art SHY/JM
Hand/Foot Massage SHY/DL
Outdoor Recreation DM
Handprint Art DG
Table Art Cont'd KK
Outdoor Walking MT
Rug Weaving VB
PM2 Chair Exercise
PM2 Ballon Toss

8 **Alu Like Pahoa 9:30am** 8
Wind Chimes SG
Bookmark/Word Search SHY
Foot Massage DM
Simple Artwork DG
Jeopardy KK / Table Therapy JM
Outdoor Walking MT
Peace Sign VB
Math Worksheets DL
PM2 Jeopardy
PM2 Words in a Word

9 **Honoka'a Heritage Center 9:30am** 9
Music by Leroy Vierra 1:30pm
Penguin Craft/Table Game SHY
Nail Tech DM/DL
ROM Exercise DG
The Price is Right KK
Outdoor Walking MT
Bookmarker VB
Bike Riding JM
PM2 Group Singing
PM2 Trivia

10 **Ceramics** 10
Wind Chimes SG
Puzzles SHY / Spelling Bee DL
Hand Massage SHY
Table Therapy DM
Garden Walk DG
Outdoor Recreation AT
Hand Craft VB
Outdoor Walk JM
PM2 Chair Exercise
PM2 Balloon Toss

11 Nail Tech SG
Spelling Bee
Card Making
Balloon Toss
Guess Who KK
ROM Exercise

12 **Mikiioi Street Band 9:30am** 13
Activity Packet /Spelling Bee SHY
Table Therapy DM
Ballon Toss DG
Table Art KK
Outdoor Walking MT
Martin Luther Collage VB
Simple Art JM
MLK Activity DL
PM2 Charades
PM2 Word Games

14 **Ceramics** 14
Music by Penny 9:30am
Wind Chime SG
Heart Wreath SHY
Board Games DM / Firework Art JM
MLK Unscramble DL
Table Art Cont'd KK
Outdoor Walking MT / Recreation DM
Making Paper Bag VB
PM2 Chair Exercise
PM2 Ballon Toss

15 **Music By Russell 9:30am** 15
Chair Zumba SG
Nail Tech/Spelling Bee SHY
Activity Packet DM
Balloon Game DG
Outdoor Recreation KK
Outdoor Walking MT
MLK Collage VB
Puzzles DL
PM2 Jeopardy
PM2 Words in a Word

16 **Food Demo Parfait JM/JT** 16
Holo Holo Ride 1pm MT
MLK Day Collage SG
Tissue Paper Heart SHY
Worksheets DM / Singing KK
Simple Flower Art DG
Activity Packet DL
Crochet VB
Outdoor Recreation JM
PM2 Group Singing
PM2 Trivia

17 **Na Ho Aloha 1:30pm** 17
Wind Chimes SG
Q-Tip Painting SHY
Math Worksheets SHY
Nail Tech DM/DG
Singing KK
Hand and Foot Massage JM
Outdoor Recreation AT
Garden Walk DL
PM2 Chair Exercise
PM2 Balloon Toss

18 Hand Massage
Ribbon Lei
Math Worksheets
ROM Exercise
Simple Collage VB
Bingo

19 **Ceramics** 19
Beach Cruise DM 9:30am
Ribbon Lei JT
Activity Packet/Word Search SHY
Outdoor Recreation DG
Table Games KK
Outdoor Walking MT
Table Therapy VB
PM2 Charades
PM2 Word Games

20 **Holo Holo Ride 1pm MT** 20
Nail Tech SG/DL
Heart Caterpillar SHY
Puzzles SHY
Activity Packet DM
Table Games DG
Making Origami VB
Outdoor Recreation JM
Outdoor Walking MT
PM2 Chair Exercise
PM2 Ballon Toss

21 **Ceramics** 21
Birthday Bingo 1pm
Wind Chimes SG
Spelling Bee/Nail Tech SHY
Foot Massage DM
Simple Art DG / Activity Packet JM
Outdoor Walking MT / Recreation KK
Table Therapy VB
Clothespin Butterfly DL
PM2 Jeopardy
PM2 Words in a Word

22 **Music by Leroy 1:30pm** 22
Chair Exercise SG
Valentine's Card SHY
Outdoor Recreation DM
Garden Walk DG
Outdoor Walking MT
Knitting/Crochet VB
Outdoor Recreation JM
Puzzles DL
PM2 Group Singing
PM2 Trivia

23 **Alu Like Hilo 9:30am** 23
Valentine Windsock SG
Watercolor Painting SHY
Hand Massage SHY
Activity Packet DM
Simple Art DG
Table Therapy VB
Bike Riding JM
Small Group Bingo DL
PM2 Chair Exercise
PM2 Balloon Toss

24 Valentine Windsock SG
Water coloring Painting
Garden Walk
Hand Massage
Recreation / Exercise

26 **Music By Albert 1:30pm** 26
Activity Puzzles/Puzzles SHY
Nail Tech DM
Activity Package DG
Table Therapy KK
Tulip Art VB
Valentine's Craft JM
Valentine's Card Making DL
PM2 Charades
PM2 Word Games

27 **Music by Penny 9:30am** 27
Valentine's Heart Wreath SG
Nail Tech/Spelling Bee SHY
Outdoor Recreation DM
Foot Massage DG
Let's Sing KK
Tulip Art Cont'd VB
Valentine's Craft Cont'd JM
Doily Heart Flowers DL
PM2 Chair Exercise
PM2 Ballon Toss

28 **Holo Holo Ride 9:30am JM** 28
Valentine's Heart Wreath SG
Valentine's Puppy Craft SHY
Hand Massage SHY
Table Therapy DM / Biking JM
Balloon Toss DG
Let's Talk Story KK
Cherry Blossom Craft VB
Valentine's Candy Match DL
PM2 Jeopardy
PM2 Words in a Word

29 **Ceramics** 29
Holo Holo Ride 1pm MT
Activity Packet/Table Games SHY
Valentine's Day Cards DM
Guess Who KK
Valentine's Ornament VB
Activity Packet/Biking JM
All About Love Collage DL
PM2 Group Singing
PM2 Trivia

30 Bumblebee Craft SHY 30
Puzzles DM
Rom Exercise DG
Outdoor Recreation KK
Valentine's Art VB
Table Games JM
Word Search SHY
Spelling Bee DL
PM2 Chair Exercise
PM2 Balloon Toss