


















Adult Day Wellness Program March 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 2 9:20 AM Exercise 9:45 Beauty Day in the Park 10:00 Let's Be Creative 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 Indoor Baseball 4:00 Individual Activities	 8 9 9:20 AM Exercise 9:45 Honolulu Zoo Excursion 10:00 Indoor Games 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 Pictionary 4:00 Individual Activities	*Girl's Day* 3 9:20 AM Exercise 9:45 Games in the Park 10:00 Girl's Day Craft 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 Trivia Games 4:00 Individual Activities 	4 9:20 AM Exercise 10:00 Kitchen Creations 10:00 Let's Paint 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 BINGO 4:00 Individual Activities 	5 9:45 Island Cruise 10:00 Indoor Basketball 11:30 Sing A Long 2:00 Table Top Games 2:00 Manicures 2:30 Snack 3:00 Documentaries 4:00 Individual Activities 	6 9:20 AM Exercise 9:45 Beach Day 10:00 Craft Group/Games 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 BINGO 4:00 Individual Activities	
15 	16 9:20 AM Exercise 9:45 Island Cruise 10:00 Get the Leprechaun 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 Trivia Games 4:00 Individual Activities	*St. Patrick's Day* 17 9:20 AM Exercise 9:45 Island Cruise 10:00 St. Patrick's Day Trivia 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 St. Patrick's Day Happy Hour 3:00 Ring Toss 4:00 Individual Activities 	18 9:20 AM Exercise 10:00 Kitchen Creations 10:00 Playing for Points 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 BINGO 4:00 Individual Activities 	19 9:45 Island Cruise 10:00 Spring Crafts 11:30 Karaoke 2:00 Table Top Games 2:00 Manicures 2:30 Snack 3:00 Documentaries 4:00 Individual Activities 	*First Day Of Spring* 20 9:20 AM Exercise 9:45 Beach Day 10:00 Craft Group/Games 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 BINGO 4:00 Individual Activities 	
22 	23 9:20 AM Exercise 9:45 Movie Excursion 10:00 Hawaiian Crafts 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 Group Games 4:00 Individual Activities	24 9:20 AM Exercise 9:45 Movie Excursion 10:00 Hawaiian Trivia 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 Hawaiian Crafts 4:00 Individual Activities 	25 9:20 AM Exercise 10:00 Kitchen Creations 10:00 Indoor Volleyball 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 BINGO 4:00 Individual Activities	26  CLOSED PRINCE KUHIO DAY	27 9:20 AM Exercise 9:45 Beach Day 10:00 Craft Group/Games 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 Movies 4:00 Individual Activities	28
	29 30 9:20 AM Exercise 9:45 Island Cruise 10:00 Let's Paint 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 Indoor Bowling 4:00 Individual Activities	31 9:20 AM Exercise 9:45 Island Cruise 10:00 Let's Be Creative 1:00 Aromatherapy 2:00 Moving & Grooving 2:30 Snack 3:00 Pachinko 4:00 Individual Activities 	 Lucky Charm 			

*All activities are subject to change