

Programs and Events

Sample Weekly Calendar

We have a range of regular programs designed to meet residents' physical, intellectual, spiritual, emotional, and social needs. A typical week at 15 Craigside might look like this:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 PM Bible Study	10 AM Great Courses (Video Lecture)	11 AM Meet with HMSA	10 AM Great Courses (Video Lecture)	11 AM Mindfulness Class	2 PM Weekly Excursion	11 AM Line Dancing
4 PM Vespers Service	11 AM Craft Club Meeting	2 PM Rainbow Writing Group	1 PM Bridge Game	2 PM Matinee Movie	6 PM Music with Noly Paa	6 PM UH Football Screening
	3 PM Magic Club	7 PM Kanikapila	2 PM Ukulele with Mel			
Highlight = Special Event No Highlight = Weekly Program or Monthly Club Meeting						



Clubs

Resident clubs are great places to meet new friends and learn a new skill. Join a club or start your own!

- Bridge Club
- Craft Club
- Magic Club
- Mah Jong Club
- Photography Club
- Poker Club
- Scrabble Club
- Travel Club
- Writing Group



Excursions

Get your hats and sunglasses ready—we're going on an adventure! Here are some places we've been to before:

- Costco (Dillingham)
- Honbushin Daikon Festival
- Kailua Town Center
- Marukai
- Shirokiya
- Waikiki Aquarium
- Ward Warehouse
- ... and more!



Special Events

Every week has its own selection of special events ranging from live entertainment to social functions and small-group activities. Our monthly calendar has included these events and more:

- Art Class with Regina Bode
- Craft Fair
- Holiday Parties
- Line Dancing
- Medicare Q&A
- Meet with HMSA
- Mini Golf with Wellness
- PacRim Vocal Ensemble
- Resident Variety Show
- Royal Hawaiian Band
- Save and Share
(Upcycle Old Holiday Cards)
- Story Time with Danny Lyman
- Taishokoto Performance
- Tea for the Soul
- University of Hawaii Football
and Volleyball Screenings
- Volunteer for the YMCA



Weekly Wellness Classes

Event	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Arthritis Foundation Aqua Exercise			✓				
Arthritis Foundation Land Exercise		✓		✓			
Better Balance		✓		✓			✓
Brain and Body	✓						
Chair Aerobics	✓	✓	✓	✓	✓		
Exercise Machine Demo		✓		✓			
Functional Fitness	✓				✓		
Gym Open 24/7	✓	✓	✓	✓	✓	✓	✓
Luk Tung Kuen (LTK) Video Class	✓	✓	✓	✓	✓		
Osteoporosis Exercises	✓		✓		✓	✓	✓
Pool Open Weekdays 8 AM – 4 PM Sat 9:15 AM – 12 NOON Sun 8 AM – 12 NOON	✓	✓	✓	✓	✓	✓	✓
Strength Training (Advanced)	✓		✓		✓		
Strength Training (Regular)	✓		✓		✓	✓	
Tai Chi with Les Asada		✓			✓		
Video Exercise						✓	✓
Water Balance	✓				✓		
Water Walking		✓		✓			
Wii Video Game Exercise					✓		
Yoga		✓		✓			

Fitness Assessments

If you're not sure what classes are right for you, we can help! Our team provides complimentary assessments of your balance and functional fitness level.

1:1 Personal Training

Meet with one of our Wellness Trainers for a personal workout that meets your fitness goals. Personal Training is \$7 per 15 minutes.